

THE ULTIMATE CPR GUIDE

EVERYTHING YOU NEED TO KNOW FOR ADULT, CHILD, INFANT AND PET CPR

5 STEPS TO PERFORMING CPR

1 ASSESS SCENE SAFETY



Check the area for any safety hazards that may be harmful to you

2 CHECK FOR RESPONSIVENESS



Tap the victim's shoulder and shout, "Are you OK?"

3 LOOK FOR NORMAL BREATHING



Look for normal chest rise and fall

4 CALL 9-1-1



If no response, call 9-1-1 or your emergency number to get on scene and the victim is lying on a firm and flat surface lying on their back

5 START CPR



If not breathing and no response

ADULT

STEPS FOR HOW TO PERFORM ADULT CPR (18 YEARS+)

- GIVE 30 CHEST COMPRESSIONS**
 - Push hard
 - Push fast
- GIVE 2 RESCUE BREATHS**
 - Head-tilt-chin-lift
 - Pinch nose
 - Give 2 breaths

Repeat the cycle until help arrives, but always recommended for child and infant CPR

CHILD

STEPS FOR HOW TO PERFORM CHILD CPR (1 YEAR - 12 YEARS)

- GIVE 30 CHEST COMPRESSIONS**
 - Use 1 or 2 hands depending on the size of the child
- GIVE 2 RESCUE BREATHS**
 - Head-tilt-chin-lift
 - Pinch nose
 - Give 2 breaths

INFANT

STEPS FOR HOW TO PERFORM INFANT CPR (0 - 1 YEAR)

- GIVE 30 CHEST COMPRESSIONS**
 - Use 2 fingers
 - Push hard, push fast
- GIVE 2 RESCUE BREATHS**
 - Head-tilt-chin-lift
 - Pinch nose
 - Give 2 breaths

PET

STEPS FOR HOW TO PERFORM PET CPR

- CHECK FOR BREATHING AND A PULSE**
 - Check pulse: Artery where your pulse, where it beats
- GIVE 30 CHEST COMPRESSIONS**
 - Use 1 or 2 hands depending on the size of the pet
- GIVE 2 RESCUE BREATHS**
 - Head-tilt-chin-lift
 - Pinch nose
 - Give 2 breaths

ADULT

STEPS FOR HOW TO HELP A CONSCIOUS CHOKING ADULT

- GIVE CONTINUOUS ABDOMINAL THRUSTS**
 - Place a fist with the thumb side against the middle of the victim's abdomen, just above the navel
 - Cover your fist with your other hand
- CONTINUE ABDOMINAL THRUSTS UNTIL:**
 - The object is forced out
 - The victim can cough, breathe or breathe
 - The victim becomes unconscious
 - Call 9-1-1 if not alone

CHILD

STEPS FOR HOW TO HELP A CONSCIOUS CHOKING CHILD

- GIVE CONTINUOUS ABDOMINAL THRUSTS**
 - Place a fist with the thumb side against the middle of the child's abdomen, just above the navel
 - Cover your fist with your other hand
- CONTINUE ABDOMINAL THRUSTS UNTIL:**
 - The object is forced out
 - The child can cough, breathe or breathe
 - The child becomes unconscious
 - Call 9-1-1 if not alone

INFANT

STEPS FOR HOW TO HELP A CONSCIOUS CHOKING INFANT

- GIVE 5 BACK BLOWS**
 - Place the infant on your forearm with their head lower than their chest
- GIVE 5 CHEST THRUSTS**
 - Place the infant on your forearm with their head lower than their chest

PET

STEPS FOR HOW TO HELP A CONSCIOUS CHOKING PET

- GIVE 5 BACK BLOWS**
 - Place the pet on your forearm with their head lower than their chest
- GIVE 5 CHEST THRUSTS**
 - Place the pet on your forearm with their head lower than their chest

★ CONTINUE COMPRESSION OR 30 COMPRESSIONS AND 2 BREATHS UNTIL:



- The victim begins to breathe
- An AED is ready to use
- A trained rescuer arrives
- You are too exhausted to continue

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Lewis Morris

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American Red Cross First Aid/ CPR/ AED Participant's Manual American Red Cross,2021-10-19

Proceedings of the 6th International Conference of Health Polytechnic Surabaya (ICoHPS 2023) Triwiyanto Triwiyanto, Slamet Wardoyo, Ayu Puspitasari, Sari Luthfiah, 2023-12-23 This is an open access book the Health Polytechnic of Surabaya POLTEKKES KEMENKES SURABAYA Ministry of Health Republic of Indonesia is pleased to announce the 6 th International Conference of Health Polytechnic Surabaya ICoHPS on 19 20 September 2023 at Surabaya Virtual Zoom Meeting The theme is Health Resilience System Transformation to raise innovation in health science and technology This conference will bring all scholars scientists epidemiologists medical doctors nurses allied health professionals and even politicians to share their expertise to attain a workable approach to dealing with the Covid 19 ICoHPS is a joint conference which consists of several tracks including The 3rd International Conference on Nursing and Public Health ICoNPH The 3rd International Conference on Midwifery ICoMid The 3rd International Conference on Medical Laboratory Technology ICoMLT The 3rd International Conference on Environmental Health ICoEH The 3rd International Conference on Nutrition ICoN The 3rd International Conference on Dental and Oral Health ICoDOH

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