

# SureFire CPR

PRESENTS

# 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 scene 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 local emergency number. If on a mobile phone, hold the phone to your ear and speak into the phone as you perform CPR.

### 5 START CPR



If not breathing and unresponsive.

## ADULT

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

- GIVE 30 CHEST COMPRESSIONS**
  - Push hard, push fast
  - Push down at least 2 inches
- GIVE 2 RESCUE BREATHS**
  - Head-tilt, chin-lift
  - Pinch nose
  - Give 2 breaths

Repeat the cycle as necessary. Stop CPR if the victim begins to breathe or if help arrives.

## 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
  - Push hard, push fast
  - Push down at least 2 inches
- GIVE 2 RESCUE BREATHS**
  - Head-tilt, chin-lift
  - Pinch nose
  - Give 2 breaths

Repeat the cycle as necessary. Stop CPR if the victim begins to breathe or if help arrives.

## INFANT

**STEPS FOR HOW TO PERFORM INFANT CPR (UNDER 1 YEAR)**

- GIVE 30 CHEST COMPRESSIONS**
  - Use 2 fingers
  - Push hard, push fast
  - Push down at least 1.5 inches
- GIVE 2 RESCUE BREATHS**
  - Head-tilt, chin-lift
  - Pinch nose
  - Give 2 breaths

Repeat the cycle as necessary. Stop CPR if the victim begins to breathe or if help arrives.

## PET

**STEPS FOR HOW TO PERFORM PET CPR**

- CHECK FOR BREATHING AND A PULSE**
  - Look for chest rise and fall
  - Feel for a pulse
- GIVE 30 CHEST COMPRESSIONS**
  - Push hard, push fast
  - Push down at least 2 inches
- GIVE 2 RESCUE BREATHS**
  - Head-tilt, chin-lift
  - Pinch nose
  - Give 2 breaths

Repeat the cycle as necessary. Stop CPR if the victim begins to breathe or if help arrives.

## ADULT

**STEPS FOR HOW TO HELP A CONSCIOUS CHOKING ADULT**

- GIVE CONTINUOUS ABDOMINAL THRUSTS UNTIL:**
  - The object is forced out
  - The victim can cough, breathe or speak
  - The victim becomes unconscious
  - Help arrives
- CONTINUE ABDOMINAL THRUSTS UNTIL:**
  - The object is forced out
  - The victim can cough, breathe or speak
  - The victim becomes unconscious
  - Help arrives

## CHILD

**STEPS FOR HOW TO HELP A CONSCIOUS CHOKING CHILD**

- GIVE CONTINUOUS ABDOMINAL THRUSTS UNTIL:**
  - The object is forced out
  - The victim can cough, breathe or speak
  - The victim becomes unconscious
  - Help arrives
- CONTINUE ABDOMINAL THRUSTS UNTIL:**
  - The object is forced out
  - The victim can cough, breathe or speak
  - The victim becomes unconscious
  - Help arrives

## INFANT

**STEPS FOR HOW TO HELP A CONSCIOUS CHOKING INFANT**

- GIVE 5 BACK BLOWS**
  - Use the heel of your hand
  - Give 5 back blows
- GIVE 5 CHEST THRUSTS**
  - Use 2 fingers
  - Give 5 chest thrusts

Repeat the cycle as necessary. Stop CPR if the victim begins to breathe or if help arrives.

★ 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

# Cpr Study Guide Lessons

**Camilla Rothe**

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the author's name.

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## **Table of Contents Cpr Study Guide Lessons**

1. Understanding the eBook Cpr Study Guide Lessons
  - The Rise of Digital Reading Cpr Study Guide Lessons
  - Advantages of eBooks Over Traditional Books
2. Identifying Cpr Study Guide Lessons
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Cpr Study Guide Lessons
  - User-Friendly Interface
4. Exploring eBook Recommendations from Cpr Study Guide Lessons
  - Personalized Recommendations
  - Cpr Study Guide Lessons User Reviews and Ratings
  - Cpr Study Guide Lessons and Bestseller Lists
5. Accessing Cpr Study Guide Lessons Free and Paid eBooks

- Cpr Study Guide Lessons Public Domain eBooks
- Cpr Study Guide Lessons eBook Subscription Services
- Cpr Study Guide Lessons Budget-Friendly Options
- 6. Navigating Cpr Study Guide Lessons eBook Formats
  - ePub, PDF, MOBI, and More
  - Cpr Study Guide Lessons Compatibility with Devices
  - Cpr Study Guide Lessons Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Cpr Study Guide Lessons
  - Highlighting and Note-Taking Cpr Study Guide Lessons
  - Interactive Elements Cpr Study Guide Lessons
- 8. Staying Engaged with Cpr Study Guide Lessons
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Cpr Study Guide Lessons
- 9. Balancing eBooks and Physical Books Cpr Study Guide Lessons
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Cpr Study Guide Lessons
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Cpr Study Guide Lessons
  - Setting Reading Goals Cpr Study Guide Lessons
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Cpr Study Guide Lessons
  - Fact-Checking eBook Content of Cpr Study Guide Lessons
  - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development

- Exploring Educational eBooks

### 14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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