

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 responder. If you are alone, you must call 9-1-1 first and then return to the victim.

5 START CPR



If not breathing and no response

ADULT

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

1 GIVE 30 CHEST COMPRESSIONS

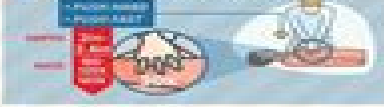


2 GIVE 2 RESCUE BREATHS



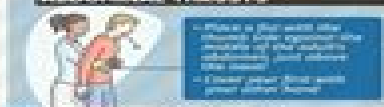
STEPS FOR HOW TO PERFORM CHILD-ONLY CPR

1 GIVE CHEST COMPRESSIONS



STEPS FOR HOW TO HELP A CONSCIOUS CHOKING ADULT

1 GIVE CONTINUOUS ABDOMINAL THRUSTS



2 CONTINUE ABDOMINAL THRUSTS UNTIL:

- The object is forced out
- The victim can cough, breathe, or speak
- The victim becomes unconscious
- Call 9-1-1 if not alone

CHILD

STEPS FOR HOW TO PERFORM CHILD-ONLY CPR (1-17 YEARS)

1 GIVE 30 CHEST COMPRESSIONS



2 GIVE 2 RESCUE BREATHS



STEPS FOR HOW TO HELP A CONSCIOUS CHOKING CHILD

1 GIVE CONTINUOUS ABDOMINAL THRUSTS



STEPS FOR HOW TO HELP A CONSCIOUS CHOKING INFANT

1 GIVE 5 BACK BLOWS



2 GIVE 5 CHEST THRUSTS

- The object is forced out
- The victim can cough, breathe, or speak
- The victim becomes unconscious
- Call 9-1-1 if not alone

INFANT

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

1 GIVE 30 CHEST COMPRESSIONS

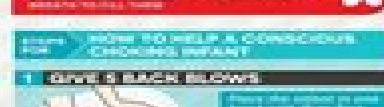


2 GIVE 2 RESCUE BREATHS



STEPS FOR HOW TO HELP A CONSCIOUS CHOKING INFANT

1 GIVE 5 BACK BLOWS



2 GIVE 5 CHEST THRUSTS

STEPS FOR HOW TO HELP A CONSCIOUS CHOKING PET



CONTINUE SETS OF 5 BACK BLOWS AND 5 CHEST THRUSTS UNTIL:

- The object is forced out
- The victim can cough, breathe, or speak
- The victim becomes unconscious
- Call 9-1-1 if not alone

PET

STEPS FOR HOW TO PERFORM PET CPR

1 CHECK FOR BREATHING AND A PULSE



2 IF NO PULSE, START CPR



STEPS FOR HOW TO HELP A CONSCIOUS CHOKING PET

1 GIVE CONTINUOUS ABDOMINAL THRUSTS



2 RESCUE BREATHS

STEPS FOR HOW TO HELP A CONSCIOUS CHOKING PET



CONTINUE COMPRESSIONS UNTIL:

- The object is forced out
- The victim can cough, breathe, or speak
- The victim becomes unconscious
- Call 9-1-1 if not alone

★ 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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DP Hallahan



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