

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 for help. If alone, call 9-1-1 first, then return to the victim to begin CPR. If a second person is present, have them call 9-1-1 while you begin CPR.

5 START CPR



If not breathing and unresponsive.

ADULT

STEPS FOR HOW TO PERFORM ADULT CPR (18-YRS-12)

- GIVE 30 CHEST COMPRESSIONS**
 - Push hard
 - Push fast
- GIVE 2 RESCUE BREATHS**
 - Tilt head
 - Pinch nose
 - Give 2 breaths

Repeat the cycle until help arrives, but don't stop CPR.

CHILD

STEPS FOR HOW TO PERFORM CHILD CPR (1-YR - 8-YRS)

- GIVE 30 CHEST COMPRESSIONS**
 - Push hard
 - Push fast
- GIVE 2 RESCUE BREATHS**
 - Tilt head
 - Pinch nose
 - Give 2 breaths

Repeat the cycle until help arrives, but don't stop CPR.

INFANT

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

- GIVE 30 CHEST COMPRESSIONS**
 - Use 2 fingers
 - Push hard
 - Push fast
- GIVE 2 RESCUE BREATHS**
 - Tilt head
 - Pinch nose
 - Give 2 breaths

Repeat the cycle until help arrives, but don't stop CPR.

PET

STEPS FOR HOW TO PERFORM PET CPR

- CHECK FOR BREATHING AND A PULSE**
 - Check for pulse
 - Check for breathing
- IF NO PULSE, START CPR**
 - Give 30 chest compressions
 - Give 2 rescue breaths

Repeat the cycle until help arrives, but don't stop CPR.

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 below the navel)
 - Grasp your fist with your other hand
- CONTINUE ABDOMINAL THRUSTS UNTIL:**
 - The object is forced out
 - The victim can cough, speak or breathe
 - The victim becomes unconscious
 - Call 9-1-1 if you alone are present

Repeat the cycle until help arrives, but don't stop CPR.

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 victim's abdomen (just below the navel)
 - Grasp your fist with your other hand
- CONTINUE ABDOMINAL THRUSTS UNTIL:**
 - The object is forced out
 - The victim can cough, speak or breathe
 - The victim becomes unconscious
 - Call 9-1-1 if you alone are present

Repeat the cycle until help arrives, but don't stop CPR.

INFANT

STEPS FOR HOW TO HELP A CONSCIOUS CHOKING INFANT

- GIVE 5 BACK BLOWS**
 - Place the infant on your forearm, head down, face up
 - Give 5 back blows
- GIVE 5 CHEST THRUSTS**
 - Place the infant on your forearm, head down, face up
 - Give 5 chest thrusts

Repeat the cycle until help arrives, but don't stop CPR.

PET

STEPS FOR HOW TO HELP A CONSCIOUS CHOKING PET

- GIVE 5 BACK BLOWS**
 - Place the pet on your forearm, head down, face up
 - Give 5 back blows
- GIVE 5 CHEST THRUSTS**
 - Place the pet on your forearm, head down, face up
 - Give 5 chest thrusts

Repeat the cycle until help arrives, but don't stop CPR.

★ 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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Stephen Tapert



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