

# 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
  - Check breathing: Chest rising and falling
- IF NO PULSE, START CPR**
  - Push hard, push fast
  - Give 2 breaths
- 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

# American Red Cross Cpr Study Guide

**Brielle Morgan**

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

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