

# 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 and no normal breathing, call 9-1-1 or your local emergency number. If you are alone, you will need to leave the victim to go and get help.

### 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 only recommended for Child and Infant 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

## 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

## PET

STEPS FOR HOW TO PERFORM PET CPR

- CHECK FOR BREATHING AND A PULSE**
  - Check for pulse: locate carotid artery, femoral artery, or other pulse points.
- GIVE THE OTHER RESCUE BREATH**
  - Tilt head
  - Pinch nose
  - Give 2 breaths
- IF NO PULSE, START CPR**
  - Give 30 chest compressions
  - Give 2 rescue breaths
- RESCUE BREATHS**
  - Tilt head
  - Pinch nose
  - Give 2 breaths
- CONTINUE COMPRESSIONS UNTIL:**
  - The victim begins to breathe
  - An AED is ready to use
  - A trained rescuer arrives
  - You are too exhausted to continue

★ 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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**Lingjun Ying**



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 they are surrounded in the sauce cook on high for 4 ish hours or low for 8 hours

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 minutes transfer to the slow cooker and add the enchilada sauce sour cream and 1 4 cup water to the onion mixture and stir  
 to combine fold in the beans until thoroughly coated nestle the chicken in

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