

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



Shout loudly

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 unresponsive



ADULT

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

- 1. GIVE 30 CHEST COMPRESSIONS**
 - Push hard
 - Push fast
- 2. GIVE 2 RESCUE BREATHS**
 - Head-tilt-chin-lift
 - Pinch nose
 - Give 2 breaths

Repeat the cycle until help arrives, but highly recommended for child and infant CPR

CHILD

STEPS FOR HOW TO PERFORM CHILD CPR (1 YEAR - 12 YEARS)

- 1. GIVE 30 CHEST COMPRESSIONS**
 - Use 1 or 2 hands depending on the size of the child
- 2. GIVE 2 RESCUE BREATHS**
 - Head-tilt-chin-lift
 - Pinch nose
 - Give 2 breaths

INFANT

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

- 1. GIVE 30 CHEST COMPRESSIONS**
 - Use 2 fingers
 - Push hard, push fast
- 2. GIVE 2 RESCUE BREATHS**
 - Head-tilt-chin-lift
 - Pinch nose
 - Give 2 breaths

PET

STEPS FOR HOW TO PERFORM PET CPR

- 1. CHECK FOR BREATHING AND A PULSE**
 - Check pulse: Artery within your palm, under the victim's chest
- 2. GIVE 15 CHEST COMPRESSIONS**
 - Use your thumb and index finger to compress the chest
- 3. IF NO PULSE, START CPR**
 - Give 15 chest compressions
 - Give 2 rescue breaths
- 4. RESCUE BREATHS**
 - Head-tilt-chin-lift
 - Pinch nose
 - Give 2 breaths

ADULT

STEPS FOR HOW TO HELP A CONSCIOUS CHOKING ADULT

- 1. 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
- 2. 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

- 1. 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
- 2. 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

- 1. GIVE 5 BACK BLOWS**
 - Place the infant in your arm, head down, feet first
 - Give 5 back blows
- 2. GIVE 5 CHEST THRUSTS**
 - Place the infant on your arm, head up, feet first
 - Give 5 chest thrusts
- 3. CONTINUE SETS OF 5 BACK BLOWS AND 5 CHEST THRUSTS UNTIL:**
 - The object is forced out
 - The infant can cough, breathe or breathe
 - The infant 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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Marco Cascella



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Table of Contents American Red Cross Study Guide Cpr Component

1. Understanding the eBook American Red Cross Study Guide Cpr Component
 - The Rise of Digital Reading American Red Cross Study Guide Cpr Component
 - Advantages of eBooks Over Traditional Books
2. Identifying American Red Cross Study Guide Cpr Component
 - 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 American Red Cross Study Guide Cpr Component
 - User-Friendly Interface
4. Exploring eBook Recommendations from American Red Cross Study Guide Cpr Component
 - Personalized Recommendations
 - American Red Cross Study Guide Cpr Component User Reviews and Ratings
 - American Red Cross Study Guide Cpr Component and Bestseller Lists
5. Accessing American Red Cross Study Guide Cpr Component Free and Paid eBooks

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