

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 your surroundings for safety. If you are in danger, call 9-1-1 first.

2 CHECK FOR RESPONSIVENESS



Ask, "Are you okay?" Tap other person's shoulder and shout, "Are you okay?"

3 LOOK FOR NORMAL BREATHING



Look for normal chest rise and fall.

4 CALL 9-1-1



If no response, call 9-1-1. If you are alone, start CPR immediately. If someone else is available, have them call 9-1-1 and get an AED if available.

5 START CPR



Use compressions and rescue breaths.

ADULT

STEP 1: HOW TO PERFORM (ADULTS - 18 YRS+)

1 GIVE 30 CHEST COMPRESSIONS



2 GIVE 2 RESCUE BREATHS



STEP 2: HOW TO PERFORM (ADULTS)

3 GIVE CHEST COMPRESSIONS



STEP 3: HOW TO HELP A CONSCIOUS ADULT



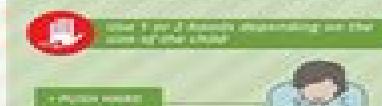
2 CONTINUE ABDOMINAL THRUSTS UNTIL:

This patient is revived.
This patient can cough, breathe, or move.
This patient can drink or eat.
This patient is no longer in shock.

CHILD

STEP 1: HOW TO PERFORM (CHILDREN - 1-11 YRS)

1 GIVE 30 CHEST COMPRESSIONS



2 GIVE 2 RESCUE BREATHS



STEP 2: HOW TO PERFORM (CHILDREN)

3 GIVE CONTINUOUS ABDOMINAL THRUSTS



STEP 3: HOW TO HELP A CONSCIOUS CHILD



2 CONTINUE ABDOMINAL THRUSTS UNTIL:

This patient is revived.
This patient can cough, breathe, or move.
This patient can drink or eat.
This patient is no longer in shock.

INFANT

STEP 1: HOW TO PERFORM (INFANTS - 1 MO - 1 YR)

1 GIVE 30 CHEST COMPRESSIONS



2 GIVE 2 RESCUE BREATHS



STEP 2: HOW TO HELP A CONSCIOUS INFANT

3 GIVE BACK BLOWS



4 GIVE CHEST THRUSTS



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

This patient is revived.
This patient can cough, breathe, or move.
This patient can drink or eat.
This patient is no longer in shock.

PET

STEP 1: HOW TO PERFORM PET CPR

1 CHECK FOR BREATHING AND A PULSE



2 IF NO PULSE, START CPR



STEP 2: HOW TO PERFORM PET CPR

3 RESCUE BREATHS



4 CONTINUE COMPRESSIONS UNTIL:

This patient is revived.
This patient can cough, breathe, or move.
This patient can drink or eat.
This patient is no longer in shock.

 **CONTINUE COMPRESSIONS 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 Heart Association Cpr Study Guide

EW Minium

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