

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 responder. If you are alone, you must call 9-1-1 first and then perform CPR.

5 START CPR



If not breathing and no response

ADULT

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

1 GIVE 30 CHEST COMPRESSIONS

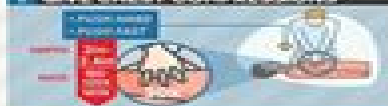


2 GIVE 2 RESCUE BREATHS



20X

1 GIVE CHEST COMPRESSIONS



2 GIVE 2 RESCUE BREATHS



20X

1 GIVE CONTINUOUS ABDOMINAL THRUSTS



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 already

CHILD

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

1 GIVE 30 CHEST COMPRESSIONS



2 GIVE 2 RESCUE BREATHS



20X

1 GIVE CHEST COMPRESSIONS

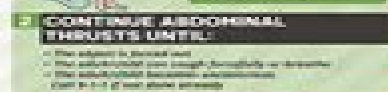


2 GIVE 2 RESCUE BREATHS



20X

1 GIVE CONTINUOUS ABDOMINAL THRUSTS



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 already

INFANT

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

1 GIVE 30 CHEST COMPRESSIONS



2 GIVE 2 RESCUE BREATHS



20X

1 GIVE 5 BACK BLOWS

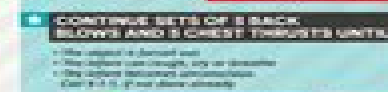


2 GIVE 5 CHEST THRUSTS



5X

1 GIVE CONTINUOUS ABDOMINAL THRUSTS



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 already

PET

STEPS FOR HOW TO PERFORM PET CPR

1 CHECK FOR BREATHING AND A PULSE



2 IF NO PULSE, START CPR



20X

1 GIVE 5 BACK BLOWS



2 GIVE 5 CHEST THRUSTS



5X

1 GIVE CONTINUOUS ABDOMINAL THRUSTS



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 already

★ 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 Heart Association Cpr Study Guide

EW Minium



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