

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 you are alone, call 9-1-1. If you are with another person, have them call 9-1-1. If you are with another person, start CPR.

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



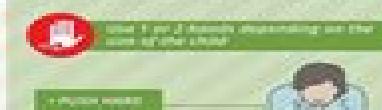
2 CONTINUE ABDOMINAL THRUSTS UNTIL:

This patient is found well.
This patient can cough, breathe, or move.
This patient can drink or eat.
This patient is not 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 found well.
This patient can cough, breathe, or move.
This patient can drink or eat.
This patient is not in shock.

INFANT

STEP 1: HOW TO PERFORM (INFANTS - 0-11 M)

1 GIVE 30 CHEST COMPRESSIONS



2 GIVE 2 RESCUE BREATHS



STEP 2: HOW TO HELP A CONSCIOUS INFANT

1 GIVE 5 BACK BLOWS



2 GIVE 5 CHEST THRUSTS



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

This patient is found well.
This patient can cough, breathe, or move.
This patient can drink or eat.
This patient is not in shock.

PET

STEP 1: HOW TO PERFORM PET CPR

1 CHECK FOR BREATHING AND A PULSE



2 IF NO PULSE, START CPR



3 RESCUE BREATHS



4 CONTINUE COMPRESSIONS UNTIL:

This patient is found well.
This patient can cough, breathe, or move.
This patient can drink or eat.
This patient is not 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

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Table of Contents American Red Cross Study Guide Cpr

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

- American Red Cross Study Guide Cpr eBook Subscription Services
- American Red Cross Study Guide Cpr Budget-Friendly Options

6. Navigating American Red Cross Study Guide Cpr eBook Formats

- ePub, PDF, MOBI, and More
- American Red Cross Study Guide Cpr Compatibility with Devices
- American Red Cross Study Guide Cpr Enhanced eBook Features

7. Enhancing Your Reading Experience

- Adjustable Fonts and Text Sizes of American Red Cross Study Guide Cpr
- Highlighting and Note-Taking American Red Cross Study Guide Cpr
- Interactive Elements American Red Cross Study Guide Cpr

8. Staying Engaged with American Red Cross Study Guide Cpr

- Joining Online Reading Communities
- Participating in Virtual Book Clubs
- Following Authors and Publishers American Red Cross Study Guide Cpr

9. Balancing eBooks and Physical Books American Red Cross Study Guide Cpr

- Benefits of a Digital Library
- Creating a Diverse Reading Collection American Red Cross Study Guide Cpr

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

- Setting Reading Goals American Red Cross Study Guide Cpr
- Carving Out Dedicated Reading Time

12. Sourcing Reliable Information of American Red Cross Study Guide Cpr

- Fact-Checking eBook Content of American Red Cross Study Guide Cpr
- 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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