

SureFire CPR

PRESENTS

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 you respond with a 9-1-1 call, always try to do it while you are still at the scene. A 9-1-1 call is a free and confidential service.

5 START CPR

If not breathing and unresponsive



ADULT

STEPS FOR HOW TO PERFORM ADULT CPR (18-YRS+)

1 GIVE 30 CHEST COMPRESSIONS

- Push hard, push fast
- Push about 2 inches (5 cm) deep
- Push at a rate of 100-120 per minute
- Push in the center of the chest
- Push straight down, at a 90-degree angle
- Let the chest rise fully between compressions
- Minimize interruptions

2 GIVE 2 RESCUE BREATHS

- Head-tilt, chin-lift
- Pinch nose
- Give 2 breaths

Always ensure an airway is open, but never reposition for child and infant CPR

STEPS FOR HOW TO PERFORM CHILD/INFANT CPR

1 GIVE CHEST COMPRESSIONS

- Push hard, push fast
- Push about 2 inches (5 cm) deep
- Push at a rate of 100-120 per minute
- Push in the center of the chest
- Push straight down, at a 90-degree angle
- Let the chest rise fully between compressions
- Minimize interruptions

STEPS FOR HOW TO HELP A CONSCIOUS CHOKING ADULT

1 GIVE CONTINUOUS ABDOMINAL THRUSTS

- Place a fist with the thumb side of your hand against the middle of the victim's abdomen (just above the navel)
- Cover your fist with your other hand
- Push up and in, using quick, upward thrusts

2 CONTINUE ABDOMINAL THRUSTS UNTIL:

- The object is forced out
- The obstruction can cough, breathe or breathe normally
- The victim becomes unresponsive, performs CPR, Steps 1-5 to 2

CHILD

STEPS FOR HOW TO PERFORM CHILD (1YR - 8 YRS)

1 GIVE 30 CHEST COMPRESSIONS

- Use 2 or 2 1/2 hands, depending on the size of the child
- Push hard, push fast
- Push about 2 inches (5 cm) deep
- Push at a rate of 100-120 per minute
- Push in the center of the chest
- Push straight down, at a 90-degree angle
- Let the chest rise fully between compressions
- Minimize interruptions

2 GIVE 2 RESCUE BREATHS

- Head-tilt, chin-lift
- Pinch nose
- Give 2 breaths

STEPS FOR HOW TO HELP A CONSCIOUS CHOKING CHILD

1 GIVE CONTINUOUS ABDOMINAL THRUSTS

- Place a fist with the thumb side of your hand against the middle of the child's abdomen (just above the navel)
- Cover your fist with your other hand
- Push up and in, using quick, upward thrusts

2 CONTINUE ABDOMINAL THRUSTS UNTIL:

- The object is forced out
- The obstruction can cough, breathe or breathe normally
- The victim becomes unresponsive, perform CPR, Steps 1-5 to 2

INFANT

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

1 GIVE 30 CHEST COMPRESSIONS

- Use 2 fingers, push fast
- Push about 1 1/2 inches (4 cm) deep
- Push at a rate of 100-120 per minute
- Push in the center of the chest
- Push straight down, at a 90-degree angle
- Let the chest rise fully between compressions
- Minimize interruptions

2 GIVE 2 RESCUE BREATHS

- Head-tilt, chin-lift
- Pinch nose
- Give 2 breaths

Always ensure an airway is open, but never reposition for child and infant CPR

STEPS FOR HOW TO HELP A CONSCIOUS CHOKING INFANT

1 GIVE 5 BACK BLOWS

- Place the infant in one hand with the head tilted back
- Give 5 back blows

2 GIVE 5 CHEST THRUSTS

- Place the infant in one hand with the head tilted back
- 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, cry or breathe normally
- The victim becomes unresponsive, perform CPR, Steps 1-5 to 2

PET

STEPS FOR HOW TO PERFORM PET CPR

1 CHECK FOR BREATHING AND A PULSE

2 GIVE THE OTHER RESCUE STEPS

3 IF NO PULSE, START CPR

4 RESCUE BREATHS

5 CONTINUE COMPRESSIONS UNTIL:

- The pet 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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Jack L. Roberts



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