

# 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 in a place or a time and place where being rescued

### 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 times per minute
- Push in the center of the chest
- Push straight down, perpendicular to the chest
- Let the chest rise fully between compressions
- Minimize interruptions
- Push hard and fast

**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 ADULT CPR (18-YRS+)

**1 GIVE CHEST COMPRESSIONS**

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

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 your arms to lean forward
- Repeat until the object is dislodged or the victim begins to breathe
- Do not perform abdominal thrusts on pregnant women or on anyone who is obese
- If you are alone, perform CPR, then 30 to 2

**2 CONTINUE ABDOMINAL THRUSTS UNTIL:**

- The object is dislodged
- The victim can cough, breathe or speak
- The victim becomes unresponsive, perform CPR, then 30 to 2

## CHILD

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

**1 GIVE 30 CHEST COMPRESSIONS**

- Use 2 or 3 fingers, depending on the size of the chest
- Push hard, push fast
- Push about 2 inches (5 cm) deep
- Push at a rate of 100-120 times per minute
- Push in the center of the chest
- Push straight down, perpendicular to the chest
- Let the chest rise fully between compressions
- Minimize interruptions
- Push hard and fast

**2 GIVE 2 RESCUE BREATHS**

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

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

**1 GIVE CHEST COMPRESSIONS**

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

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 your arms to lean forward
- Repeat until the object is dislodged or the child begins to breathe
- Do not perform abdominal thrusts on pregnant women or on anyone who is obese
- If you are alone, perform CPR, then 30 to 2

**2 CONTINUE ABDOMINAL THRUSTS UNTIL:**

- The object is dislodged
- The child can cough, breathe or speak
- The child becomes unresponsive, perform CPR, then 30 to 2

## INFANT

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

**1 GIVE 30 CHEST COMPRESSIONS**

- Use 2 fingers, push fast
- Push hard, push fast
- Push about 1.5 inches (4 cm) deep
- Push at a rate of 100-120 times per minute
- Push in the center of the chest
- Push straight down, perpendicular to the chest
- Let the chest rise fully between compressions
- Minimize interruptions
- Push hard and fast

**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 INFANT CPR (0 - 1YRS)

**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

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 dislodged
- The infant can cough, breathe or speak
- The infant becomes unresponsive, perform CPR, then 30 to 2

## PET

STEPS FOR HOW TO PERFORM PET CPR

**1 CHECK FOR BREATHING AND A PULSE**

- Look for chest rise and fall, listen for breath, check for a pulse

**2 GIVE THE OTHER RESCUE BITE**

- Use your other hand to hold the pet's head steady
- Give the other rescue bite

**3 IF NO PULSE, START CPR**

- Give 30 chest compressions
- Give 2 rescue breaths

STEPS FOR HOW TO PERFORM PET CPR

**1 GIVE CHEST COMPRESSIONS**

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

STEPS FOR HOW TO HELP A CONSCIOUS CHOKING PET

**1 GIVE CONTINUOUS ABDOMINAL THRUSTS**

- Place a fist with the thumb side of your hand against the middle of the pet's abdomen (just above the navel)
- Cover your fist with your other hand
- Push up and in, using your arms to lean forward
- Repeat until the object is dislodged or the pet begins to breathe
- Do not perform abdominal thrusts on pregnant women or on anyone who is obese
- If you are alone, perform CPR, then 30 to 2

**2 CONTINUE ABDOMINAL THRUSTS UNTIL:**

- The object is dislodged
- The pet can cough, breathe or speak
- The pet becomes unresponsive, perform CPR, then 30 to 2

★ 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

# First Aid And Cpr Printable Study Guide

**M Walker**



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