

# 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-YEAR-+)

**1 GIVE 30 CHEST COMPRESSIONS**

- Push hard and 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, using your arms
- Push until your arms are straight
- Push until your chest is fully compressed

**2 GIVE 2 RESCUE BREATHS**

- Place the victim on their back

## HOW TO HELP A CONSCIOUS CHOKING ADULT

**1 GIVE CHEST COMPRESSIONS**

- Push hard and 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, using your arms
- Push until your arms are straight
- Push until your chest is fully compressed

**2 GIVE 5 BACK BLOWS**

- Place the victim on their back

**3 GIVE 5 CHEST THRUSTS**

- Place the victim on their back

## CHILD

STEPS FOR HOW TO PERFORM CHILD CPR (8-YEAR- & 12-YEAR-)

**1 GIVE 30 CHEST COMPRESSIONS**

- Push hard and 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, using your arms
- Push until your arms are straight
- Push until your chest is fully compressed

**2 GIVE 2 RESCUE BREATHS**

- Place the victim on their back

## HOW TO HELP A CONSCIOUS CHOKING CHILD

**1 GIVE CHEST COMPRESSIONS**

- Push hard and 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, using your arms
- Push until your arms are straight
- Push until your chest is fully compressed

**2 GIVE 5 BACK BLOWS**

- Place the victim on their back

**3 GIVE 5 CHEST THRUSTS**

- Place the victim on their back

## INFANT

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

**1 GIVE 30 CHEST COMPRESSIONS**

- Push hard and 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, using your arms
- Push until your arms are straight
- Push until your chest is fully compressed

**2 GIVE 2 RESCUE BREATHS**

- Place the victim on their back

## HOW TO HELP A CONSCIOUS CHOKING INFANT

**1 GIVE 5 BACK BLOWS**

- Place the victim on their back

**2 GIVE 5 CHEST THRUSTS**

- Place the victim on their back

## PET

STEPS FOR HOW TO PERFORM PET CPR

**1 CHECK FOR BREATHING AND A PULSE**

- Check for breathing and a pulse

**2 IF NO BREATHING AND NO PULSE, START CPR**

- Give 30 chest compressions
- Give 2 rescue breaths
- Give 30 chest compressions
- Give 2 rescue breaths
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- Give 2 rescue breaths
- Give 30 chest compressions
- Give 2 rescue breaths
- Give 30 chest compressions
- Give 2 rescue breaths

**3 RESCUE BREATHS**

- Give 2 rescue breaths

**4 CONTINUE COMPRESSIONS UNTIL:**

- The victim 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

# Cpr Review Guide

**David Baud**



## **Cpr Review Guide:**

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