

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, call 9-1-1 first, then perform CPR. If you are with a partner, have them call 9-1-1 while you perform CPR.

5 START CPR



If not breathing and no response, start CPR.

ADULT

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

- 1. GIVE 30 CHEST COMPRESSIONS**
 - PUSH HARD
 - PUSH FAST
- 2. GIVE 2 RESCUE BREATHS**
 - READ PET-OWN LIFT
 - KNEEL NEXT
 - GIVE 2 BREATHS

Repeat the cycle until help arrives, but always recommended for child and infant CPR

CHILD

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

- 1. GIVE 30 CHEST COMPRESSIONS**
 - Use 1 or 2 hands depending on the size of the child
 - PUSH HARD
 - PUSH FAST
- 2. GIVE 2 RESCUE BREATHS**
 - READ PET-OWN LIFT
 - KNEEL NEXT
 - GIVE 2 BREATHS

INFANT

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

- 1. GIVE 30 CHEST COMPRESSIONS**
 - Use 2 fingers
 - PUSH HARD, PUSH FAST
- 2. GIVE 2 RESCUE BREATHS**
 - Tuck baby's head to look for chest rise
 - Give 2 breaths

4 BREATHS LONGER AND MUCH DEEPER THAN ADULT BREATHS. ONLY DO THESE LAST 2 BREATHS IF YOU HAVE A PULSE.

PET

STEPS FOR HOW TO PERFORM PET CPR

- 1. CHECK FOR BREATHING AND A PULSE**
 - CHECK PULSE: Artery where your pulse, where it beats. (CPR: Pet's chest)
- 2. GIVE 15 CHEST COMPRESSIONS**
 - Use your thumb and index finger to compress the chest.
- 3. IF NO PULSE, START CPR**
 - GIVE 15 CHEST COMPRESSIONS
 - GIVE 2 RESCUE BREATHS
- 4. RESCUE BREATHS**
 - RIGHT ANGLE - GIVE BREATHS
- 5. CONTINUE COMPRESSIONS UNTIL:**
 - The victim begins to breathe
 - An AED is ready to use
 - A trained rescuer arrives
 - You are too exhausted to continue

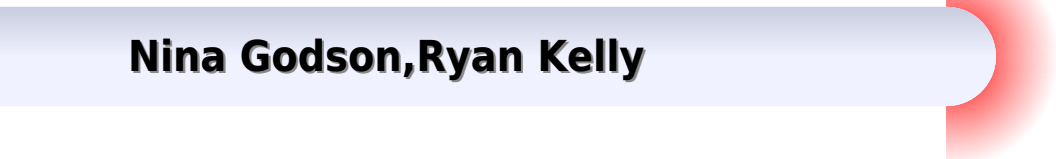
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- The victim begins to breathe
- An AED is ready to use
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Nina Godson,Ryan Kelly



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Kelly, 2018-10-08 Do you need guidance and information on CPR Do you need to understand the procedures and guidelines that govern the use of CPR If you do this pocket sized reference guide provides you with all the information you need to conduct CPR safely and successfully The Nursing Health Survival Guides have evolved take a look at our our app for iPhone and iPad **CPR Lifesaving Reference Guide (Speedy Study Guide)** Speedy Publishing, 2014-12-07 When a life is at stake you will want to do everything you can to ensure that person makes it out alive When CPR is needed it is crucial to administer the procedure properly This is where CPR Lifesaving reference guides come into play These handy guides will let

an individual know the steps needed to complete CPR These guides help save lives in emergencies for people who haven't taken a full CPR course at their local Red Cross Station **A Guide to CPR** Brian Dirac, 2025-08-06 What You'll Learn in This Book In the chapters ahead we'll break down How to perform CPR correctly for adults children and infants How to use an AED Common challenges and how to overcome them Latest updates in resuscitation science Real world CPR scenarios and lifesaving stories Let's begin this journey not just to learn CPR but to become confident capable and compassionate responders **CPR Manual** National Heart Foundation of New Zealand, 1982 *CPR*, 2011 Program is designed to provide CPR training to healthcare professionals Training is based on guidelines from the American Heart Association

Cardiopulmonary Resuscitation Nina Godson, Kelly Ryan, 2012 This pocket sized guide provides guidance and information on CPR as well as patient assessment CPR procedures CPR for children and in pregnancy and much more **CPR And First Aid Care (Speedy Study Guides)** MDK Publishing, 2015-04-28 Who says you need videos to learn CPR This powerful guide will give you a step by step instruction to CPR and first aid care This guide should be given to all first aid rescuers even to moms and dads caring for little children With this guide you will hold the power to save someone else's life Buy a copy today

First Aid, Survival, and CPR Shirley A Jones, 2011-10-05 Awarded AJN Book of the Year Award 2012 From performing CPR on an adult child or infant to dealing with bleeding and shock cuts and broken bones heart attacks emergency childbirth poisoning drowning scuba diving mishaps wilderness survival and natural disasters such as tornadoes wildfires floods and earthquakes this portable waterproof guide helps you quickly find the information you need to develop a plan of action for

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