

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 local emergency number. If you are alone, you must call 9-1-1 first and then begin 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**
 - Head-tilt, chin-lift
 - Pinch nose
 - Give 2 breaths

Repeat the cycle until help arrives, but only 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**
 - Head-tilt, chin-lift
 - Pinch nose
 - 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**
 - Head-tilt, chin-lift
 - Pinch nose
 - Give 2 breaths

PET

STEPS FOR HOW TO PERFORM PET CPR

- 1. CHECK FOR BREATHING AND A PULSE**
 - Check pulse: Artery where your pulse, where it beats. If no pulse, start CPR.
- 2. GIVE 30 CHEST COMPRESSIONS**
 - Use 1 or 2 hands depending on the size of the pet
 - Push hard, push fast
- 3. IF NO PULSE, START CPR**
 - Give 2 rescue breaths
 - Give 30 chest compressions
- 4. RESCUE BREATHS**
 - Head-tilt, chin-lift
 - Pinch nose
 - Give 2 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

American Heart Cpr Study Guide

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American Heart Cpr Study Guide:

The book delves into American Heart Cpr Study Guide. American Heart Cpr Study Guide is a vital topic that must be grasped by everyone, from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into American Heart Cpr Study Guide, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:

- Chapter 1: Introduction to American Heart Cpr Study Guide
- Chapter 2: Essential Elements of American Heart Cpr Study Guide
- Chapter 3: American Heart Cpr Study Guide in Everyday Life
- Chapter 4: American Heart Cpr Study Guide in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, the author will provide an overview of American Heart Cpr Study Guide. This chapter will explore what American Heart Cpr Study Guide is, why American Heart Cpr Study Guide is vital, and how to effectively learn about American Heart Cpr Study Guide.
3. In chapter 2, this book will delve into the foundational concepts of American Heart Cpr Study Guide. The second chapter will elucidate the essential principles that must be understood to grasp American Heart Cpr Study Guide in its entirety.
4. In chapter 3, the author will examine the practical applications of American Heart Cpr Study Guide in daily life. This chapter will showcase real-world examples of how American Heart Cpr Study Guide can be effectively utilized in everyday scenarios.
5. In chapter 4, this book will scrutinize the relevance of American Heart Cpr Study Guide in specific contexts. This chapter will explore how American Heart Cpr Study Guide is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, this book will draw a conclusion about American Heart Cpr Study Guide. The final chapter will summarize the key points that have been discussed throughout the book.

The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of American Heart Cpr Study Guide.

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