

# 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



Shout loudly

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, you must call 9-1-1 first and then return to the victim.

### 5 START CPR



If not breathing and no response

## ADULT

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

### 1 GIVE 30 CHEST COMPRESSIONS

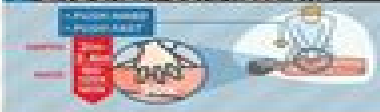


### 2 GIVE 2 RESCUE BREATHS



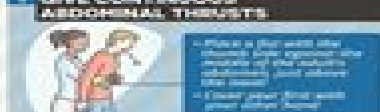
STEPS FOR HOW TO PERFORM ADULT CPR (18 YEARS+)

### 1 GIVE CHEST COMPRESSIONS



STEPS FOR HOW TO HELP A CONSCIOUS CHOKING ADULT

### 1 GIVE CONTINUOUS ABDOMINAL THRUSTS



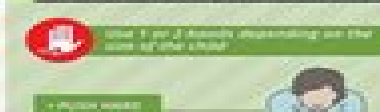
### 2 CONTINUE ABDOMINAL THRUSTS UNTIL:

- The object is forced out
- The victim can cough, breathe, or move
- The victim becomes unconscious
- Call 9-1-1 if not alone

## CHILD

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

### 1 GIVE 30 CHEST COMPRESSIONS



### 2 GIVE 2 RESCUE BREATHS



STEPS FOR HOW TO HELP A CONSCIOUS CHOKING CHILD

### 1 GIVE CONTINUOUS ABDOMINAL THRUSTS



STEPS FOR HOW TO HELP A CONSCIOUS CHOKING CHILD

### 1 GIVE CONTINUOUS ABDOMINAL THRUSTS



### 2 CONTINUE ABDOMINAL THRUSTS UNTIL:

- The object is forced out
- The victim can cough, breathe, or move
- The victim becomes unconscious
- Call 9-1-1 if not alone

## INFANT

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

### 1 GIVE 30 CHEST COMPRESSIONS



### 2 GIVE 2 RESCUE BREATHS



STEPS FOR HOW TO HELP A CONSCIOUS CHOKING INFANT

### 1 GIVE 5 BACK BLOWS



### 2 GIVE 5 CHEST THRUSTS



### CONTINUE SETS OF 5 BACK BLOWS AND 5 CHEST THRUSTS UNTIL:

- The object is forced out
- The victim can cough, breathe, or move
- The victim becomes unconscious
- Call 9-1-1 if not alone

## PET

STEPS FOR HOW TO PERFORM PET CPR

### 1 CHECK FOR BREATHING AND A PULSE



### 2 IF NO PULSE, START CPR



STEPS FOR HOW TO HELP A CONSCIOUS CHOKING PET

### 1 GIVE CONTINUOUS ABDOMINAL THRUSTS



### 2 CONTINUE ABDOMINAL THRUSTS UNTIL:

- The object is forced out
- The victim can cough, breathe, or move
- The victim becomes unconscious
- Call 9-1-1 if not alone

### CONTINUE COMPRESSIONS UNTIL:

- The object is forced out
- The victim can cough, breathe, or move
- The victim becomes unconscious
- Call 9-1-1 if not alone

## ★ 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 Association Cpr Study Guide 201

**J Elliott**



## **American Heart Association Cpr Study Guide 201:**

## Unveiling the Magic of Words: A Review of "**American Heart Association Cpr Study Guide 201**"

In a global defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their power to kindle emotions, provoke contemplation, and ignite transformative change is actually awe-inspiring. Enter the realm of "**American Heart Association Cpr Study Guide 201**," a mesmerizing literary masterpiece penned by a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve into the book's central themes, examine its distinctive writing style, and assess its profound affect on the souls of its readers.

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