

# 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 number to get on scene and the victim is lying on a firm and flat surface lying on their back

### 5 START CPR



If not breathing and no response

## ADULT

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

### 1 GIVE 30 CHEST COMPRESSIONS

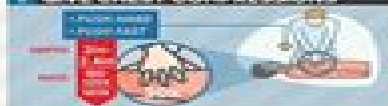


### 2 GIVE 2 RESCUE BREATHS



20X

### 1 GIVE CHEST COMPRESSIONS



### 2 GIVE 2 RESCUE BREATHS



20X

### 1 GIVE CONTINUOUS ABDOMINAL THRUSTS



### 2 CONTINUE ABDOMINAL THRUSTS UNTIL:

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

## CHILD

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

### 1 GIVE 30 CHEST COMPRESSIONS



### 2 GIVE 2 RESCUE BREATHS



20X

### 1 GIVE CHEST COMPRESSIONS

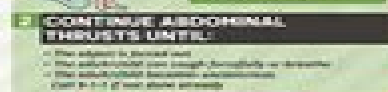


### 2 GIVE 2 RESCUE BREATHS



20X

### 1 GIVE CONTINUOUS ABDOMINAL THRUSTS



### 2 CONTINUE ABDOMINAL THRUSTS UNTIL:

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

## INFANT

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

### 1 GIVE 30 CHEST COMPRESSIONS



### 2 GIVE 2 RESCUE BREATHS



20X

### 1 GIVE 5 BACK BLOWS

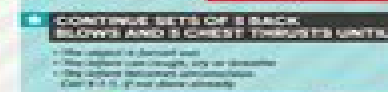


### 2 GIVE 5 CHEST THRUSTS



5X

### 1 GIVE CONTINUOUS ABDOMINAL THRUSTS



### 2 CONTINUE ABDOMINAL THRUSTS UNTIL:

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

## PET

STEPS FOR HOW TO PERFORM PET CPR

### 1 CHECK FOR BREATHING AND A PULSE



### 2 IF NO PULSE, START CPR



20X

### 1 GIVE 5 BACK BLOWS



### 2 GIVE 5 CHEST THRUSTS



5X

### 1 GIVE CONTINUOUS ABDOMINAL THRUSTS



### 2 CONTINUE ABDOMINAL THRUSTS UNTIL:

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

★ 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

# Study Guide For Red Cross Cpr 2015

**H Kauffman**



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## **Table of Contents Study Guide For Red Cross Cpr 2015**

1. Understanding the eBook Study Guide For Red Cross Cpr 2015
  - The Rise of Digital Reading Study Guide For Red Cross Cpr 2015
  - Advantages of eBooks Over Traditional Books
2. Identifying Study Guide For Red Cross Cpr 2015
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Study Guide For Red Cross Cpr 2015
  - User-Friendly Interface
4. Exploring eBook Recommendations from Study Guide For Red Cross Cpr 2015
  - Personalized Recommendations
  - Study Guide For Red Cross Cpr 2015 User Reviews and Ratings
  - Study Guide For Red Cross Cpr 2015 and Bestseller Lists
5. Accessing Study Guide For Red Cross Cpr 2015 Free and Paid eBooks

- Study Guide For Red Cross Cpr 2015 Public Domain eBooks
- Study Guide For Red Cross Cpr 2015 eBook Subscription Services
- Study Guide For Red Cross Cpr 2015 Budget-Friendly Options
- 6. Navigating Study Guide For Red Cross Cpr 2015 eBook Formats
  - ePub, PDF, MOBI, and More
  - Study Guide For Red Cross Cpr 2015 Compatibility with Devices
  - Study Guide For Red Cross Cpr 2015 Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Study Guide For Red Cross Cpr 2015
  - Highlighting and Note-Taking Study Guide For Red Cross Cpr 2015
  - Interactive Elements Study Guide For Red Cross Cpr 2015
- 8. Staying Engaged with Study Guide For Red Cross Cpr 2015
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Study Guide For Red Cross Cpr 2015
- 9. Balancing eBooks and Physical Books Study Guide For Red Cross Cpr 2015
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Study Guide For Red Cross Cpr 2015
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Study Guide For Red Cross Cpr 2015
  - Setting Reading Goals Study Guide For Red Cross Cpr 2015
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Study Guide For Red Cross Cpr 2015
  - Fact-Checking eBook Content of Study Guide For Red Cross Cpr 2015
  - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development

- Exploring Educational eBooks

### 14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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