

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, 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**
 - 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 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
- 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
- 3. IF NO PULSE, START CPR**
 - Head-tilt, chin-lift
 - Pinch nose
 - Give 2 breaths
- 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

New Cpr Guidelines

Terry C. Jones



New Cpr Guidelines :

This book delves into New Cpr Guidelines . New Cpr Guidelines is a crucial topic that needs to be grasped by everyone, ranging from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into New Cpr Guidelines , encompassing both the fundamentals and more intricate discussions.

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

- Chapter 1: Introduction to New Cpr Guidelines
- Chapter 2: Essential Elements of New Cpr Guidelines
- Chapter 3: New Cpr Guidelines in Everyday Life
- Chapter 4: New Cpr Guidelines in Specific Contexts
- Chapter 5: Conclusion

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

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