

# SureFire CPR

PRESENTS

# 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 you respond with a 9-1-1 call, you are advised to do so. Make sure the victim is lying on a firm and flat surface during resuscitation.

### 5 START CPR

If not breathing and unresponsive



## ADULT

STEPS FOR HOW TO PERFORM ADULT CPR (18-YRS+)

**1 GIVE 30 CHEST COMPRESSIONS**

- Push hard, push fast
- Push down at least 2 inches (5 cm)
- Push at a rate of 100-120 per minute
- Push in the center of the chest
- Push straight down
- Push hard and fast
- Push down at least 2 inches (5 cm)
- Push at a rate of 100-120 per minute
- Push in the center of the chest
- Push straight down

**2 GIVE 2 RESCUE BREATHS**

- Head-tilt, chin-lift
- Pinch nose
- Give 2 breaths

Always ensure the airway is open, but never reposition for child and infant CPR

STEPS FOR HOW TO PERFORM CHILD/INFANT CPR

**1 GIVE CHEST COMPRESSIONS**

- Push hard, push fast
- Push down at least 2 inches (5 cm)
- Push at a rate of 100-120 per minute
- Push in the center of the chest
- Push straight down
- Push hard and fast
- Push down at least 2 inches (5 cm)
- Push at a rate of 100-120 per minute
- Push in the center of the chest
- Push straight down

STEPS FOR HOW TO HELP A CONSCIOUS CHOKING ADULT

**1 GIVE CONTINUOUS ABDOMINAL THRUSTS**

- Place a fist with the thumb side of your hand against the middle of the victim's abdomen (just above the navel)
- Cover your fist with your other hand
- Push up and in with your hands

**2 CONTINUE ABDOMINAL THRUSTS UNTIL:**

- The object is forced out
- The obstruction can be coughed up or breathed out
- The victim becomes unresponsive
- Call 9-1-1 if not alone

If victim becomes unresponsive, perform CPR. Start at 2.

## CHILD

STEPS FOR HOW TO PERFORM CHILD (1YR - 8 YRS)

**1 GIVE 30 CHEST COMPRESSIONS**

- Use 2 or 3 fingers, depending on the size of the chest
- Push hard, push fast
- Push down at least 2 inches (5 cm)
- Push at a rate of 100-120 per minute
- Push in the center of the chest
- Push straight down
- Push hard and fast
- Push down at least 2 inches (5 cm)
- Push at a rate of 100-120 per minute
- Push in the center of the chest
- Push straight down

**2 GIVE 2 RESCUE BREATHS**

- Head-tilt, chin-lift
- Pinch nose
- Give 2 breaths

STEPS FOR HOW TO HELP A CONSCIOUS CHOKING CHILD

**1 GIVE CONTINUOUS ABDOMINAL THRUSTS**

- Place a fist with the thumb side of your hand against the middle of the child's abdomen (just above the navel)
- Cover your fist with your other hand
- Push up and in with your hands

**2 CONTINUE ABDOMINAL THRUSTS UNTIL:**

- The object is forced out
- The obstruction can be coughed up or breathed out
- The victim becomes unresponsive
- Call 9-1-1 if not alone

If victim becomes unresponsive, perform CPR. Start at 2.

## INFANT

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

**1 GIVE 30 CHEST COMPRESSIONS**

- Use 2 fingers, push fast
- Push down at least 1.5 inches (4 cm)
- Push at a rate of 100-120 per minute
- Push in the center of the chest
- Push straight down
- Push hard and fast
- Push down at least 1.5 inches (4 cm)
- Push at a rate of 100-120 per minute
- Push in the center of the chest
- Push straight down

**2 GIVE 2 RESCUE BREATHS**

- Head-tilt, chin-lift
- Pinch nose
- Give 2 breaths

Always ensure the airway is open, but never reposition for child and infant CPR

STEPS FOR HOW TO HELP A CONSCIOUS CHOKING INFANT

**1 GIVE 5 BACK BLOWS**

- Place the infant in one hand with the head tilted back
- Give 5 back blows

**2 GIVE 5 CHEST THRUSTS**

- Place the infant in one hand with the head tilted back
- Give 5 chest thrusts

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

- The object is forced out
- The object can be coughed up or breathed out
- The victim becomes unresponsive
- Call 9-1-1 if not alone

If victim becomes unresponsive, perform CPR. Start at 2.

## PET

STEPS FOR HOW TO PERFORM PET CPR

**1 CHECK FOR BREATHING AND A PULSE**

- Look for normal chest rise and fall
- Check for a pulse

**2 GIVE THE OTHER RESCUE BITE**

- Use the other rescue bite

**3 IF NO PULSE, START CPR**

- Give 30 chest compressions
- Give 2 rescue breaths

STEPS FOR HOW TO HELP A CONSCIOUS CHOKING PET

**1 GIVE 5 BACK BLOWS**

- Place the pet in one hand with the head tilted back
- Give 5 back blows

**2 GIVE 5 CHEST THRUSTS**

- Place the pet in one hand with the head tilted back
- Give 5 chest thrusts

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

- The object is forced out
- The object can be coughed up or breathed out
- The victim becomes unresponsive
- Call 9-1-1 if not alone

If victim becomes unresponsive, perform CPR. Start at 2.

★ 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

# Red Cross Cpr Study Guide Key

**L Reisser**



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