

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 scene 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 on a mobile phone, hold the phone to your ear and speak as you dial. If you are alone, you will need to leave the phone on speaker and call 9-1-1.

5 START CPR

If not breathing and unresponsive



ADULT

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

- GIVE 30 CHEST COMPRESSIONS**
 - Push hard, push fast
 - Push down at least 2 inches
- GIVE 2 RESCUE BREATHS**
 - Head-tilt, chin-lift
 - Pinch nose
 - Give 2 breaths

Repeat the cycle as necessary, but highly recommended for Child and Infant CPR

CHILD

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

- GIVE 30 CHEST COMPRESSIONS**
 - Use 1 or 2 hands depending on the size of the child
 - Push hard, push fast
 - Push down at least 2 inches
- GIVE 2 RESCUE BREATHS**
 - Head-tilt, chin-lift
 - Pinch nose
 - Give 2 breaths

INFANT

STEPS FOR HOW TO PERFORM INFANT CPR (UNDER 1 YEAR)

- GIVE 30 CHEST COMPRESSIONS**
 - Use 2 fingers
 - Push hard, push fast
 - Push down at least 1.5 inches
- GIVE 2 RESCUE BREATHS**
 - Head-tilt, chin-lift
 - Pinch nose
 - Give 2 breaths

PET

STEPS FOR HOW TO PERFORM PET CPR

- CHECK FOR BREATHING AND A PULSE**
 - Look for chest rise and fall
 - Check for a pulse at the femoral artery
- GIVE 30 CHEST COMPRESSIONS**
 - Use 1 or 2 hands depending on the size of the pet
 - Push hard, push fast
 - Push down at least 2 inches
- GIVE 2 RESCUE BREATHS**
 - Head-tilt, chin-lift
 - Pinch nose
 - Give 2 breaths
- IF NO PULSE, START CPR**
 - Repeat the cycle as necessary, but highly recommended for Child and Infant CPR
- HOW TO HELP A CONSCIOUS CHOKING ADULT**
 - Give 5 back blows
 - Give 5 chest thrusts
- HOW TO HELP A CONSCIOUS CHOKING CHILD**
 - Give 5 back blows
 - Give 5 chest thrusts
- HOW TO HELP A CONSCIOUS CHOKING INFANT**
 - Give 5 back blows
 - Give 5 chest thrusts
- HOW TO HELP A CONSCIOUS CHOKING PET**
 - Give 5 back blows
 - Give 5 chest thrusts

ADULT

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

- GIVE 30 CHEST COMPRESSIONS**
 - Push hard, push fast
 - Push down at least 2 inches
- GIVE 2 RESCUE BREATHS**
 - Head-tilt, chin-lift
 - Pinch nose
 - Give 2 breaths

CHILD

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

- GIVE 30 CHEST COMPRESSIONS**
 - Use 1 or 2 hands depending on the size of the child
 - Push hard, push fast
 - Push down at least 2 inches
- GIVE 2 RESCUE BREATHS**
 - Head-tilt, chin-lift
 - Pinch nose
 - Give 2 breaths

INFANT

STEPS FOR HOW TO PERFORM INFANT CPR (UNDER 1 YEAR)

- GIVE 30 CHEST COMPRESSIONS**
 - Use 2 fingers
 - Push hard, push fast
 - Push down at least 1.5 inches
- GIVE 2 RESCUE BREATHS**
 - Head-tilt, chin-lift
 - Pinch nose
 - Give 2 breaths

★ 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

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ideal for time pressed parents partners and birthing professionals It is a convenient and easy to use book that provides facts on the fly during the ultra busy period before during and after labor and birth An added planner keeps your plans and to dos in one place Generations of spouses and partners as well as doulas nurses midwives and other professionals have relied on Penny Simkin s warm and wise guidance in caring for the new mother from the last trimester through the early postpartum period Her book *The Birth Partner* is the definitive guide to helping a woman through labor and birth and *The Birth Partner s Quick Reference Guide and Planner* is a more concise version of that book For those who have the original book it adds a planner component for hospital or at home birth plans and for other essential to dos It is full of reliable and up to date information on Preparing for labor and for the new baby Ways to help a woman through each stage of labor and birth Pain relief measures including epidurals and medications as well as natural techniques Ways to induce or speed up labor Cesarean birth and complications that may require it Breastfeeding and newborn care and much more For the partner who wishes to be truly helpful in the birthing room this is the essential book to have on hand [CPR Basics](#) Felicia Dunbar, AI, 2025-03-17 *CPR Basics* offers a comprehensive guide to cardiopulmonary resuscitation CPR and the use of automated external defibrillators AEDs essential skills for anyone interested in health and fitness or general medical knowledge The book emphasizes that immediate bystander intervention during sudden cardiac arrest can significantly increase survival rates Interestingly the book traces the history of CPR highlighting how modern techniques evolved from early resuscitation efforts and emphasizes the critical role of continuous chest compressions and early defibrillation based on current guidelines The book s approach is practical delivering step by step instructions and visual aids to make CPR techniques accessible to a general audience It progresses logically starting with fundamental principles then detailing specific techniques for adults children and infants and concluding with a thorough guide to AEDs Real life scenarios are incorporated to enhance understanding and confidence in performing these life saving skills This approach ensures readers are well prepared to act decisively in critical situations making *CPR Basics* a valuable resource for anyone seeking to become a capable first responder *Veterinary Technician and Nurse's Daily Reference Guide* Mandy Fults, Kenichiro Yagi, 2022-04-26 The revised and expanded new edition of this classic reference to daily skills used by veterinary technicians *Veterinary Technician and Nurse s Daily Reference Guide* Canine and Feline provides rapid access to the information veterinary technicians need in clinical practice With an easy to use tabular format the book covers diagnostic and patient care skills diseases and conditions preventive care anatomy anesthesia and all other major areas of veterinary technician education and training Chapters written by experienced veterinary specialists integrate charts tables and concise explanatory text to enable quick and efficient retrieval of information Focusing on practical skills and knowledge the fourth edition features extensively revised material incorporating the latest developments evidence based guidelines and best practices in veterinary medicine Brand new chapters describe licensure and certifications in veterinary technology and discuss nursing theory and science and its

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