

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, always try to do it while you are still at the scene. A 9-1-1 call is a free and confidential service.

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 and fast
- Push about 2 inches (5 cm) deep
- Push at a rate of 100-120 per minute
- Push in the center of the chest
- Push straight down, perpendicular to the chest
- Let the chest rise completely between compressions
- Minimize interruptions
- Push hard and fast

2 GIVE 2 RESCUE BREATHS

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

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

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

1 GIVE CHEST COMPRESSIONS

- Push hard and fast
- Push about 2 inches (5 cm) deep
- Push at a rate of 100-120 per minute
- Push in the center of the chest
- Push straight down, perpendicular to the chest
- Let the chest rise completely between compressions
- Minimize interruptions
- Push hard and fast

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, using quick, upward thrusts

2 CONTINUE ABDOMINAL THRUSTS UNTIL:

- The object is forced out
- The obstruction can cough, breathe or breathe normally
- The victim becomes unresponsive, performs CPR, Steps 1-5 to 2

CHILD

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

1 GIVE 30 CHEST COMPRESSIONS

- Use 2 or 3 fingers, depending on the size of the chest
- Push hard and fast
- Push about 2 inches (5 cm) deep
- Push at a rate of 100-120 per minute
- Push in the center of the chest
- Push straight down, perpendicular to the chest
- Let the chest rise completely between compressions
- Minimize interruptions
- Push hard and fast

2 GIVE 2 RESCUE BREATHS

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

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

1 GIVE CHEST COMPRESSIONS

- Push hard and fast
- Push about 2 inches (5 cm) deep
- Push at a rate of 100-120 per minute
- Push in the center of the chest
- Push straight down, perpendicular to the chest
- Let the chest rise completely between compressions
- Minimize interruptions
- Push hard and fast

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, using quick, upward thrusts

2 CONTINUE ABDOMINAL THRUSTS UNTIL:

- The object is forced out
- The obstruction can cough, breathe or breathe normally
- The victim becomes unresponsive, perform CPR, Steps 1-5 to 2

INFANT

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

1 GIVE 30 CHEST COMPRESSIONS

- Use 2 fingers
- Push hard, push fast
- Push about 1.5 inches (4 cm) deep
- Push at a rate of 100-120 per minute
- Push in the center of the chest
- Push straight down, perpendicular to the chest
- Let the chest rise completely between compressions
- Minimize interruptions
- Push hard and fast

2 GIVE 2 RESCUE BREATHS

- Head-tilt-neck-lift
- Pinch nose
- Give 2 breaths

4 RESCUE BREATHS ARE MORE EFFECTIVE THAN 2 RESCUE BREATHS.

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

1 GIVE 5 BACK BLOWS

- Place the infant in one hand
- Give 5 back blows

5X | BACK SLAP

STEPS FOR HOW TO HELP A CONSCIOUS CHOKING INFANT

1 GIVE 5 CHEST THRUSTS

- Place the infant in one hand
- Give 5 chest thrusts

5X

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

- The object is forced out
- The infant can cough, cry or breathe normally
- The victim becomes unresponsive, perform CPR, Steps 1-5 to 2

PET

STEPS FOR HOW TO PERFORM PET CPR

1 CHECK FOR BREATHING AND A PULSE

- Look for normal breathing and a pulse
- Check for a pulse

2 GIVE THE OTHER RESCUE BREATH

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

3 IF NO PULSE, START CPR

- Push hard and fast
- Push about 2 inches (5 cm) deep
- Push at a rate of 100-120 per minute
- Push in the center of the chest
- Push straight down, perpendicular to the chest
- Let the chest rise completely between compressions
- Minimize interruptions
- Push hard and fast

STEPS FOR HOW TO PERFORM PET CPR

1 GIVE CHEST COMPRESSIONS

- Push hard and fast
- Push about 2 inches (5 cm) deep
- Push at a rate of 100-120 per minute
- Push in the center of the chest
- Push straight down, perpendicular to the chest
- Let the chest rise completely between compressions
- Minimize interruptions
- Push hard and fast

STEPS FOR HOW TO HELP A CONSCIOUS CHOKING PET

1 GIVE CONTINUOUS ABDOMINAL THRUSTS

- Place a fist with the thumb side of your hand against the middle of the pet's abdomen (just above the navel)
- Cover your fist with your other hand
- Push up and in, using quick, upward thrusts

2 CONTINUE ABDOMINAL THRUSTS UNTIL:

- The object is forced out
- The obstruction can cough, breathe or breathe normally
- The victim becomes unresponsive, perform CPR, Steps 1-5 to 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

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SJ Ball



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