

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 will receive instructions on how to do it. 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

2 GIVE 2 RESCUE BREATHS

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

Always ensure an AED is available, but never delay CPR to get an AED for child and infant CPR

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

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

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

2 CONTINUE ABDOMINAL THRUSTS UNTIL:

- The object is forced out
- The abdominal pain ceases (usually on breathing)
- The victim becomes responsive and breathing
- Call 9-1-1 if not sure

If you are alone and unresponsive, perform CPR. Repeat 30 to 2

CHILD

STEPS FOR HOW TO PERFORM CHILD CPR (8-YRS - 12-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

2 GIVE 2 RESCUE BREATHS

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

STEPS FOR HOW TO PERFORM CHILD CPR (8-YRS - 12-YRS)

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

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

2 CONTINUE ABDOMINAL THRUSTS UNTIL:

- The object is forced out
- The abdominal pain ceases (usually on breathing)
- The child becomes responsive and breathing
- Call 9-1-1 if not sure

If you are alone and unresponsive, perform CPR. Repeat 30 to 2

INFANT

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

1 GIVE 30 CHEST COMPRESSIONS

- Use 2 fingers, push fast
- Push hard, 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

2 GIVE 2 RESCUE BREATHS

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

3 GIVE 5 BACK BLOWS

- Place the infant in one hand with the head tilted back
- Use the heel of your hand to give 5 back blows

4 GIVE 5 CHEST THRUSTS

- Place the infant in one hand with the head tilted back
- Use the tip of your fingers to give 5 chest thrusts

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

1 GIVE 5 BACK BLOWS

- Place the infant in one hand with the head tilted back
- Use the heel of your hand to give 5 back blows

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
- Use the heel of your hand to give 5 back blows

2 GIVE 5 CHEST THRUSTS

- Place the infant in one hand with the head tilted back
- Use the tip of your fingers to give 5 chest thrusts

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

- The object is forced out
- The infant can breathe, cry or cough
- The infant becomes responsive and breathing
- Call 9-1-1 if not sure

If you are alone and unresponsive, perform CPR. Repeat 30 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 BLOW

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

3 IF NO PULSE, START CPR

- 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

STEPS FOR HOW TO PERFORM PET 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

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
- Use the heel of your hand to give 5 back blows

2 GIVE 5 CHEST THRUSTS

- Place the pet in one hand with the head tilted back
- Use the tip of your fingers to give 5 chest thrusts

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

- The object is forced out
- The pet can breathe, cry or cough
- The pet becomes responsive and breathing
- Call 9-1-1 if not sure

If you are alone and unresponsive, perform CPR. Repeat 30 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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JG Myers



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Table of Contents Cpr Guidelines 2014 Printable

1. Understanding the eBook Cpr Guidelines 2014 Printable
 - The Rise of Digital Reading Cpr Guidelines 2014 Printable
 - Advantages of eBooks Over Traditional Books
2. Identifying Cpr Guidelines 2014 Printable
 - 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 Cpr Guidelines 2014 Printable
 - User-Friendly Interface
4. Exploring eBook Recommendations from Cpr Guidelines 2014 Printable
 - Personalized Recommendations
 - Cpr Guidelines 2014 Printable User Reviews and Ratings
 - Cpr Guidelines 2014 Printable and Bestseller Lists
5. Accessing Cpr Guidelines 2014 Printable Free and Paid eBooks
 - Cpr Guidelines 2014 Printable Public Domain eBooks
 - Cpr Guidelines 2014 Printable eBook Subscription Services

- Cpr Guidelines 2014 Printable Budget-Friendly Options
- 6. Navigating Cpr Guidelines 2014 Printable eBook Formats
 - ePub, PDF, MOBI, and More
 - Cpr Guidelines 2014 Printable Compatibility with Devices
 - Cpr Guidelines 2014 Printable Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Cpr Guidelines 2014 Printable
 - Highlighting and Note-Taking Cpr Guidelines 2014 Printable
 - Interactive Elements Cpr Guidelines 2014 Printable
- 8. Staying Engaged with Cpr Guidelines 2014 Printable
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Cpr Guidelines 2014 Printable
- 9. Balancing eBooks and Physical Books Cpr Guidelines 2014 Printable
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Cpr Guidelines 2014 Printable
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Cpr Guidelines 2014 Printable
 - Setting Reading Goals Cpr Guidelines 2014 Printable
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Cpr Guidelines 2014 Printable
 - Fact-Checking eBook Content of Cpr Guidelines 2014 Printable
 - 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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