

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 dispatcher will give you instructions for giving CPR.

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 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 waste time looking for one for child and infant CPR

STEPS FOR HOW TO PERFORM CHILD/INFANT CPR

1 GIVE CHEST COMPRESSIONS

- 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
- 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 victim can cough, breathe or speak
- The victim becomes unresponsive, perform CPR. Repeat 2X to 3

CHILD

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

1 GIVE 30 CHEST COMPRESSIONS

- Use 2 or 3 fingers, depending on the size of the child
- 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
- Push hard and fast

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

2 CONTINUE ABDOMINAL THRUSTS UNTIL:

- The object is forced out
- The child can cough, breathe or speak
- The child becomes unresponsive, perform CPR. Repeat 2X to 3

INFANT

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

1 GIVE 30 CHEST COMPRESSIONS

- Use 2 fingers, push fast
- 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
- 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 waste time looking for one

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

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

- The object is forced out
- The infant can cough, breathe or speak
- The infant becomes unresponsive, perform CPR. Repeat 2X to 3

PET

STEPS FOR HOW TO PERFORM PET CPR

1 CHECK FOR BREATHING AND A PULSE

2 GIVE THE OTHER RESCUE BITE

3 IF NO PULSE, START CPR

4 RESCUE 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

Pocket Guide To Cpr For Infants And Children

Sabine Zange



Pocket Guide To Cpr For Infants And Children:

Pocket Guide To Cpr For Infants And Children Book Review: Unveiling the Power of Words

In a global driven by information and connectivity, the energy of words has are more evident than ever. They have the ability to inspire, provoke, and ignite change. Such is the essence of the book **Pocket Guide To Cpr For Infants And Children**, a literary masterpiece that delves deep to the significance of words and their affect our lives. Published by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall effect on readers.

<https://www.staging.gilderlehrman.org/About/scholarship/index.jsp/Russia%20And%20The%20Ussr%201900%201995%20Key%20History%20For%20Gcse%20S.pdf>

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