

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 or other emergency call to do so, make sure the victim is lying on a firm and flat surface facing upwards

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

2 GIVE 2 RESCUE BREATHS

READ: TILT-OWN-LIFT
KNEEL BEHIND
GIVE 2 BREATHS

Always ensure an AED is available, but never waste time searching for one if you are alone

1 GIVE CHEST COMPRESSIONS

Push hard, push fast

STEPS FOR HOW TO HELP A CONSCIOUS CHOKING ADULT

1 GIVE CONTINUOUS ABDOMINAL THRUSTS UNTIL:

Place a fist with the thumb side of your fingers on the middle of the victim's abdomen (just below the navel)
Cover your fist with your other hand

2 CONTINUE ABDOMINAL THRUSTS UNTIL:

- The object is forced out
- The abdominal pain ceases, breathing or breathing resumes
- The victim becomes unresponsive, performs CPR, Steps 1-5 to 2

CHILD

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

1 GIVE 30 CHEST COMPRESSIONS

Use 2 or 3 fingers, depending on the size of the child

Push hard, push fast

2 GIVE 2 RESCUE BREATHS

READ: TILT-OWN-LIFT
KNEEL BEHIND
GIVE 2 BREATHS

1 GIVE CHEST COMPRESSIONS

Push hard, push fast

STEPS FOR HOW TO HELP A CONSCIOUS CHOKING CHILD

1 GIVE CONTINUOUS ABDOMINAL THRUSTS UNTIL:

Place a fist with the thumb side of your fingers on the middle of the child's abdomen (just below the navel)
Cover your fist with your other hand

2 CONTINUE ABDOMINAL THRUSTS UNTIL:

- The object is forced out
- The abdominal pain ceases, breathing or breathing resumes
- 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 fast

Push hard, push fast

2 GIVE 2 RESCUE BREATHS

Make sure the head is in a neutral and if needed, or tilting, position

READ: TILT-OWN-LIFT
KNEEL BEHIND
GIVE 2 BREATHS

Always ensure an AED is available, but never waste time searching for one if you are alone

1 GIVE 5 BACK BLOWS

Place the infant in one hand with their feet first

5X | BACK SLAP

2 GIVE 5 CHEST THRUSTS

Place the infant in one hand with their feet first

5X

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

- The object is forced out
- The victim can cough, cry or breathe
- The abdominal pain ceases, breathing or breathing resumes
- Call 9-1-1 if you are alone

PET

STEPS FOR HOW TO PERFORM PET CPR

1 CHECK FOR BREATHING AND A PULSE

Check for pulse: locate where the heart pulse is located on the pet's chest (between ribs)

2 GIVE THE OTHER RESCUE BITE

Use your other hand to hold the pet's head steady

3 IF NO PULSE, START CPR

Always ensure an AED is available, but never waste time searching for one if you are alone

1 GIVE CHEST COMPRESSIONS

Push hard, push fast

STEPS FOR HOW TO HELP A CONSCIOUS CHOKING PET

1 GIVE CONTINUOUS ABDOMINAL THRUSTS UNTIL:

Place a fist with the thumb side of your fingers on the middle of the pet's abdomen (just below the navel)
Cover your fist with your other hand

2 CONTINUE ABDOMINAL THRUSTS UNTIL:

- The object is forced out
- The abdominal pain ceases, breathing or breathing resumes
- 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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Table of Contents Aha 2013 Cpr Study Guide

1. Understanding the eBook Aha 2013 Cpr Study Guide
 - The Rise of Digital Reading Aha 2013 Cpr Study Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Aha 2013 Cpr Study Guide
 - 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 Aha 2013 Cpr Study Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Aha 2013 Cpr Study Guide
 - Personalized Recommendations
 - Aha 2013 Cpr Study Guide User Reviews and Ratings
 - Aha 2013 Cpr Study Guide and Bestseller Lists

5. Accessing Aha 2013 Cpr Study Guide Free and Paid eBooks
 - Aha 2013 Cpr Study Guide Public Domain eBooks
 - Aha 2013 Cpr Study Guide eBook Subscription Services
 - Aha 2013 Cpr Study Guide Budget-Friendly Options
6. Navigating Aha 2013 Cpr Study Guide eBook Formats
 - ePub, PDF, MOBI, and More
 - Aha 2013 Cpr Study Guide Compatibility with Devices
 - Aha 2013 Cpr Study Guide Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Aha 2013 Cpr Study Guide
 - Highlighting and Note-Taking Aha 2013 Cpr Study Guide
 - Interactive Elements Aha 2013 Cpr Study Guide
8. Staying Engaged with Aha 2013 Cpr Study Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Aha 2013 Cpr Study Guide
9. Balancing eBooks and Physical Books Aha 2013 Cpr Study Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Aha 2013 Cpr Study Guide
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Aha 2013 Cpr Study Guide
 - Setting Reading Goals Aha 2013 Cpr Study Guide
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Aha 2013 Cpr Study Guide
 - Fact-Checking eBook Content of Aha 2013 Cpr Study Guide
 - 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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