

# CPR Guide Book

American Heart Association 02.23.2023

- [Pocket Guide](#)

# Pocket Guide

## 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

ARE YOU OKAY?

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 send someone else 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 (8 YRS+)

### 1 GIVE 30 CHEST COMPRESSIONS

• PUSH HARD  
• PUSH FAST  
DEPTH: 2in-2.4in  
RATE: 100-120X/MIN  
30X



### 2 GIVE 2 RESCUE BREATHS

2X

• HEAD TILT CHIN LIFT  
• PINCH NOSE  
• GIVE 2 BREATHS

Mouth to mouth is optional, but highly recommended for Child and Infant CPR

STEPS FOR HOW TO PERFORM HANDS-ONLY CPR

### 1 GIVE CHEST COMPRESSIONS

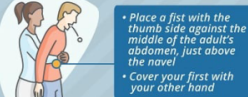
• PUSH HARD  
• PUSH FAST  
DEPTH: 2in-2.4in  
RATE: 100-120X/MIN  
30X



STEPS FOR HOW TO HELP A CONSCIOUS CHOKING ADULT

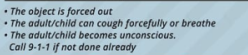
### 1 GIVE CONTINUOUS ABDOMINAL THRUSTS

• Place a fist with the thumb side against the middle of the adult's abdomen, just above the navel  
• Cover your first with your other hand



### 2 CONTINUE ABDOMINAL THRUSTS UNTIL:

• The object is forced out  
• The adult/child can cough forcefully or breathe  
• The adult/child becomes unconscious. Call 9-1-1 if not done already



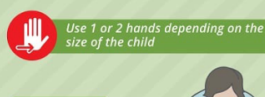
If victim becomes unconscious, perform CPR. Start 30 to 2

## CHILD

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

### 1 GIVE 30 CHEST COMPRESSIONS

Use 1 or 2 hands depending on the size of the child  
• PUSH HARD  
• PUSH FAST  
DEPTH: 2in  
RATE: 100-120X/MIN  
30X



### 2 GIVE 2 RESCUE BREATHS

• HEAD TILT CHIN LIFT  
• PINCH NOSE  
• GIVE 2 BREATHS  
2X



STEPS FOR HOW TO HELP A CONSCIOUS CHOKING CHILD

### 1 GIVE CONTINUOUS ABDOMINAL THRUSTS

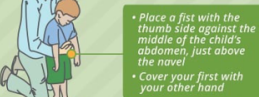
• Place a fist with the thumb side against the middle of the child's abdomen, just above the navel  
• Cover your first with your other hand



STEPS FOR HOW TO HELP A CONSCIOUS CHOKING CHILD

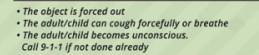
### 1 GIVE CONTINUOUS ABDOMINAL THRUSTS

• Place a fist with the thumb side against the middle of the child's abdomen, just above the navel  
• Cover your first with your other hand



### 2 CONTINUE ABDOMINAL THRUSTS UNTIL:

• The object is forced out  
• The adult/child can cough forcefully or breathe  
• The adult/child becomes unconscious. Call 9-1-1 if not done already



If child becomes unconscious, perform CPR. Start 30 to 2

## INFANT

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

### 1 GIVE 30 CHEST COMPRESSIONS

• Use 2 fingers  
• Push hard, push fast  
DEPTH: 1.5in  
RATE: 100-120X/MIN  
30X



### 2 GIVE 2 RESCUE BREATHS

Make sure the head is tilted back and the chin is lifted into a neutral, or sniffing, position  
• Cover the infant's mouth and nose with your mouth to form a complete seal  
• You should see the infant's chest rise with each breath  
2X

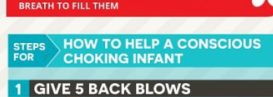


A BABY'S LUNGS ARE MUCH SMALLER THAN AN ADULT'S, SO IT TAKES MUCH LESS THAN A FULL BREATH TO FILL THEM

STEPS FOR HOW TO HELP A CONSCIOUS CHOKING INFANT

### 1 GIVE 5 BACK BLOWS

Place the infant in one hand with their face facing down  
5X BACK SLAPS



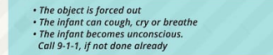
### 2 GIVE 5 CHEST THRUSTS

BE SURE TO SUPPORT THE INFANT'S HEAD AND NECK WITH ONE HAND AND ARM AND KEEP THE HEAD LOWER THAN THE CHEST  
1.5in  
5X



### \* CONTINUE SETS OF 5 BACK BLOWS AND 5 CHEST THRUSTS UNTIL:

• The object is forced out  
• The infant can cough, cry or breathe  
• The infant becomes unconscious. Call 9-1-1, if not done already



If infant becomes unconscious, perform CPR. Start 30 to 2

## PET

STEPS FOR HOW TO PERFORM PET CPR

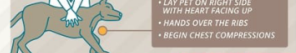
### 1 CHECK FOR BREATHING AND A PULSE

CHECK PULSE below wrists, inner thigh, ankle or where left elbow touches chest  
2 LOOK FOR OTHER WARNING SIGNS  
• The gums and lips will appear gray in color  
• The pupils will be dilated



### 3 IF NO PULSE, START CPR

LAY PET ON RIGHT SIDE WITH HEAD FACING UP  
• HANDS OVER THE RIBS  
• BEGIN CHEST COMPRESSIONS  
DO NOT GIVE COMPRESSIONS IF THE ANIMAL HAS A PULSE



CATS AND SMALL DOGS UNDER 30 POUNDS: PRESS DOWN 1/2 - 1 INCH

MEDIUM DOGS BETWEEN 30-90 POUNDS: PRESS DOWN 1 - 1 1/2 INCHES

LARGE DOGS OVER 90 POUNDS: PRESS DOWN 1 1/2 - 2 INCHES



### 4 RESCUE BREATHS

NOT BREATHING = GIVE BREATHS  
• CLOSE MOUTH SHUT  
• PLACE MOUTH OVER NOSE & MOUTH (for cats and small dogs)  
• PLACE MOUTH OVER NOSE (for medium to large dogs)  
• BLOW UNTIL YOU SEE THE CHEST RISE

CATS AND SMALL DOGS UNDER 30 POUNDS: GIVE 5 COMPRESSIONS PER BREATH

MEDIUM DOGS BETWEEN 30-90 POUNDS: GIVE 5 COMPRESSIONS PER BREATH

LARGE DOGS OVER 90 POUNDS: GIVE 10 COMPRESSIONS PER BREATH



\* CONTINUE COMPRESSIONS UNTIL: Your pet starts to breathe or has a pulse

EVERY OTHER MINUTE Check its pulse after 1 minute when first starting CPR, and then after every few minutes

## \* CONTINUE COMPRESSION OR 30 COMPRESSIONS AND 2 BREATHS UNTIL:



• The victim begins to breathe

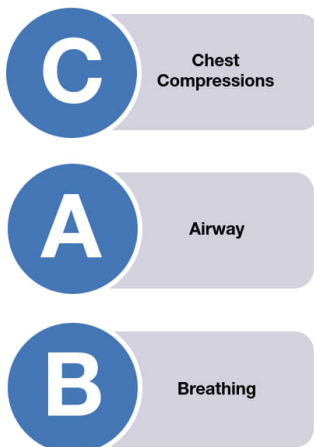
• An AED is ready to use

• A trained rescuer arrives

• You are too exhausted to continue

# BLS for Healthcare Providers Quick Reference

C-A-B (Not A-B-C)



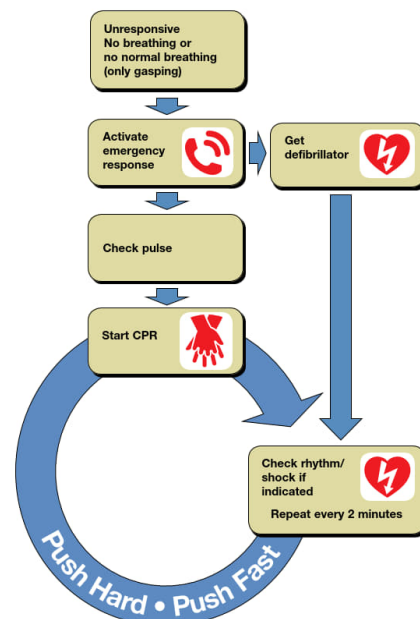
KJ0901 3/11 © 2011 American Heart Association Printed in the USA

## BLS for Healthcare Providers Critical Concepts

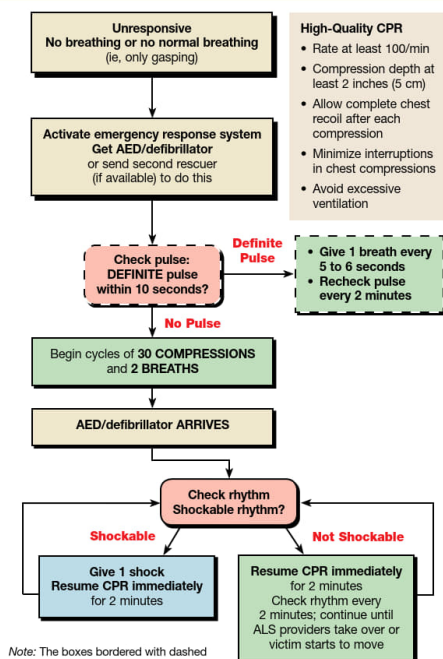
High-quality CPR improves a victim's chances of survival. The critical characteristics of high-quality CPR include

- **Start compressions within 10 seconds** of recognition of cardiac arrest.
- **Push hard, push fast:** Compress at a rate of at least 100/min with a depth of at least 2 inches (5 cm) for adults, approximately 2 inches (5 cm) for children, and approximately 1½ inches (4 cm) for infants.
- **Allow complete chest recoil** after each compression.
- **Minimize interruptions** in compressions (try to limit interruptions to <10 seconds).
- **Give effective breaths** that make the chest rise.
- **Avoid excessive ventilation.**

## Simplified Adult BLS Algorithm for Healthcare Providers

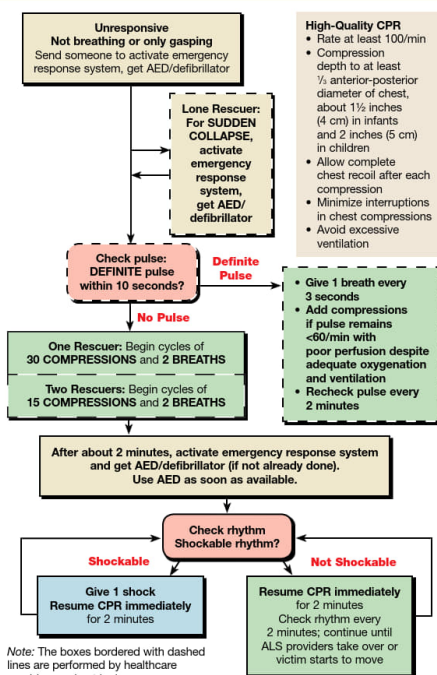


## Adult BLS Algorithm for Healthcare Providers



Note: The boxes bordered with dashed lines are performed by healthcare providers and not by lay rescuers

## Pediatric BLS Algorithm for Healthcare Providers



Note: The boxes bordered with dashed lines are performed by healthcare providers and not by lay rescuers

## How to Become an AHA Instructor

- Put your heart into training.**  
**Learn from the leader.**  
**Teach to save lives.**
- Are you interested in becoming an American Heart Association Instructor?
- Consult an American Heart Association Training Center (TC) to find out whether the TC is accepting new instructors and what the TC's preferred course delivery method is. Then, becoming an instructor is as easy as 1-2-3:
1. Complete the Core Instructor Course.
  2. Complete a discipline-specific instructor course in BLS, Heartsaver, ACLS, or PALS.
  3. Get monitored by an American Heart Association TC or Instructor.



## Renewal Schedule

I \_\_\_\_\_ (student name) took my  
 BLS HCP course on \_\_\_\_\_ (date) at the  
 \_\_\_\_\_ Training Center/Site and am  
 due for a renewal course in \_\_\_\_\_ (month/year).