

# 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

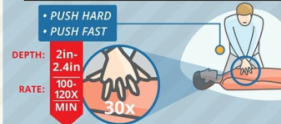
If not breathing and unresponsive



## ADULT

STEPS FOR HOW TO PERFORM ADULT CPR (8 YRS+)

### 1 GIVE 30 CHEST COMPRESSIONS



### 2 GIVE 2 RESCUE 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



STEPS FOR HOW TO HELP A CONSCIOUS CHOKING ADULT

### 1 GIVE CONTINUOUS ABDOMINAL THRUSTS



### 2 CONTINUE ABDOMINAL THRUSTS UNTIL:

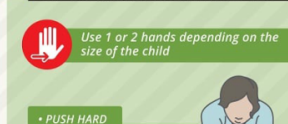
- The object is forced out
- The adult/child can cough forcefully or breathe
- The adult/child becomes unconscious. Call 9-1-1 if not done already

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

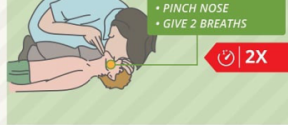


### 2 GIVE 2 RESCUE BREATHS



STEPS FOR HOW TO HELP A CONSCIOUS CHOKING CHILD

### 1 GIVE CONTINUOUS ABDOMINAL THRUSTS



STEPS FOR HOW TO HELP A CONSCIOUS CHOKING CHILD

### 1 GIVE CONTINUOUS ABDOMINAL THRUSTS



### 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

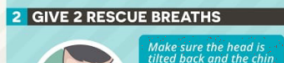
## INFANT

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

### 1 GIVE 30 CHEST COMPRESSIONS



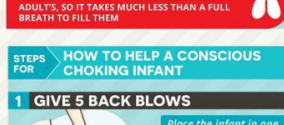
### 2 GIVE 2 RESCUE BREATHS



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



STEPS FOR HOW TO HELP A CONSCIOUS CHOKING INFANT

### 1 GIVE 5 BACK BLOWS



### 2 GIVE 5 CHEST THRUSTS

- 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



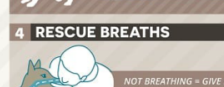
### 2 LOOK FOR OTHER WARNING SIGNS



### 3 IF NO PULSE, START CPR



### 4 RESCUE BREATHS



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

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 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)



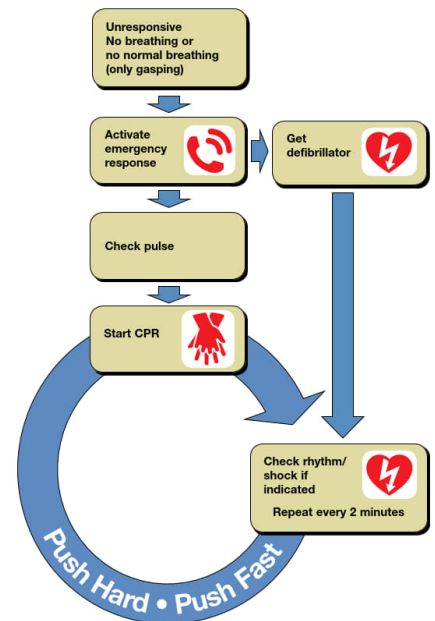
KJ0901 3/11 © 2011 American Heart Association Printed in the USA

## BLS for Healthcare Providers Critical Concepts

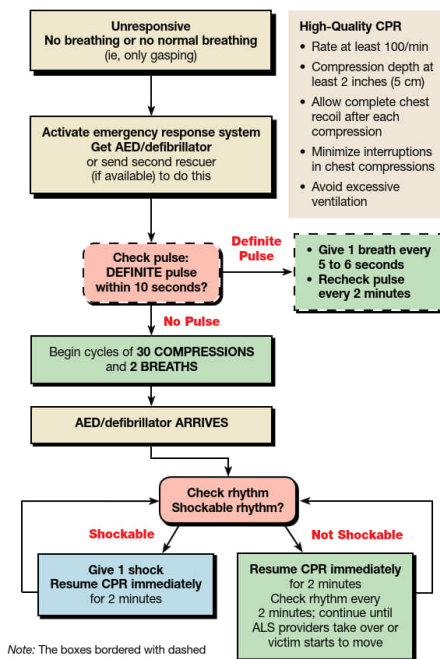
High-quality CPR improves a victim's chances of survival. The critical characteristics of high-quality CPR include

- **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

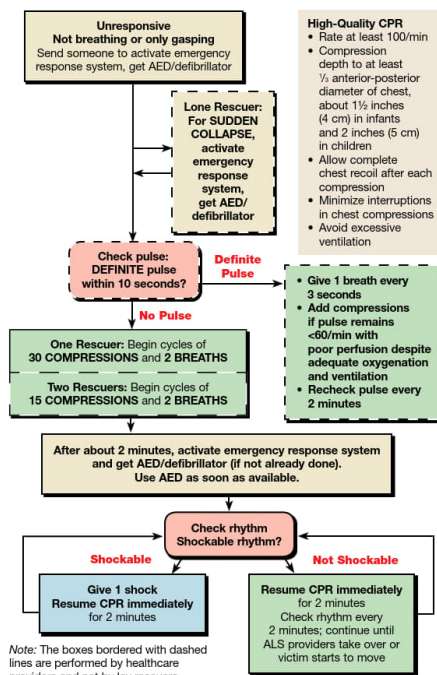


## Adult BLS Algorithm for Healthcare Providers



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).

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