



Village Fire Department

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

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

ADULT

STEPS FOR HOW TO PERFORM HANDS-ONLY CPR

1 GIVE CHEST COMPRESSIONS

- PUSH HARD
- PUSH FAST

DEPTH: 2in-2.4in
RATE: 100-120X/MIN

ADULT

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

2 GIVE 2 RESCUE BREATHS

2X

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

CHILD

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

2 GIVE 2 RESCUE BREATHS

2X

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

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

INFANT

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

1.5in
5X

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

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 wrist, inner thigh, ankle or where left elbow touches chest

2 LOOK FOR OTHER WARNING SIGNS

- The gums and lips will appear gray or blue
- The pupils will be dilated

3 IF NO PULSE, START CPR

- LAY PET ON RIGHT SIDE WITH FLANK FACING UP
- RAISE OVER THE KNEES
- DO NOT HAVE COMPANIONS

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

MEDIUM DOGS BETWEEN 30-60 POUNDS: PRESS DOWN 1 - 1 1/2 INCHES

LARGE DOGS OVER 60 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 30-60 POUNDS: GIVE 5 COMPRESSIONS PER BREATH

LARGE DOGS OVER 60 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 again every few minutes

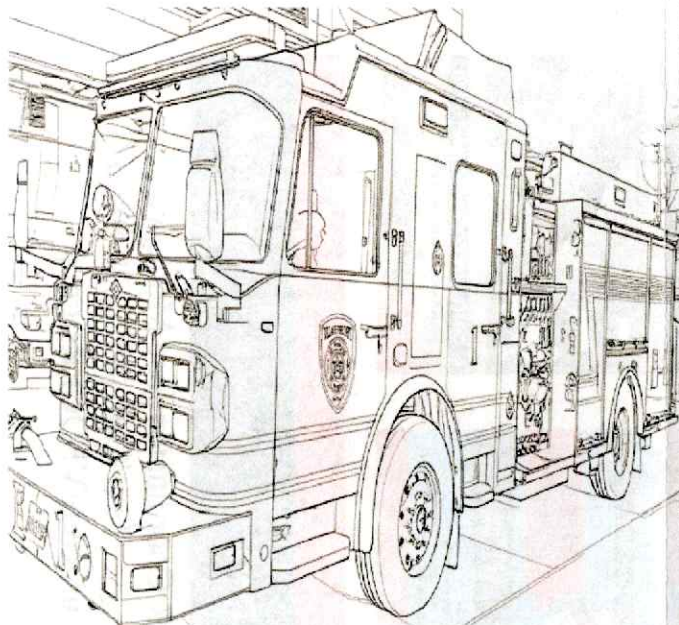
* CONTINUE COMPRESSION OR 30 COMPRESSIONS AND 2 BREATHS UNTIL:



The victim begins to breathe • An AED is ready to use • A trained rescuer arrives • You are too exhausted to continue

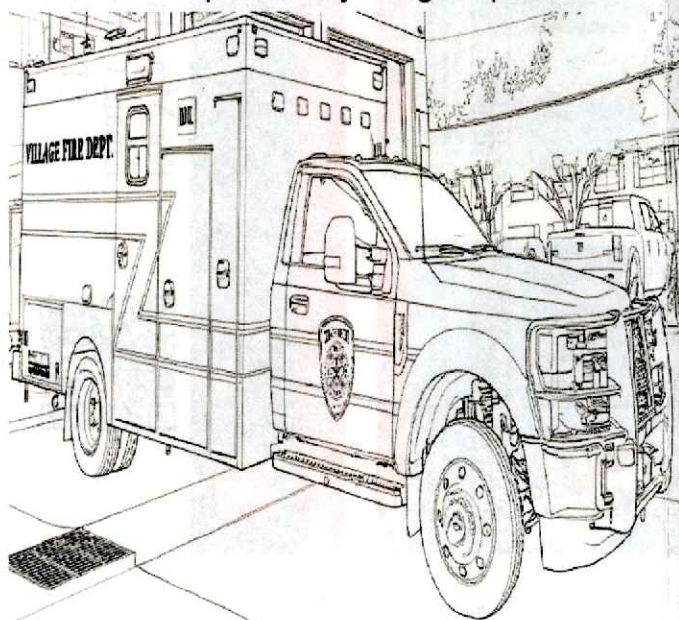


For More Information Contact CPR Coordinator Jose Montalvo:
Email: CPR@VillageFire.org Text/Call: (832)279-9860
CPR Sign Up Link: <http://tinyurl.com/VFDCPRsignup>



Village Fire Department Services Offered:

- Best Fire / EMS Response in Houston Area
- Public Events, Education, and Station Tours
- Economical CPR / AED / First Aid Classes
- Class 1 Public Protection ISO Rating
- Courtesy Blood Pressure Checks
- Complimentary Drug Disposal



Contacts:

For Emergencies: Dial 911

Non-Emergency Line: (713)468-7941

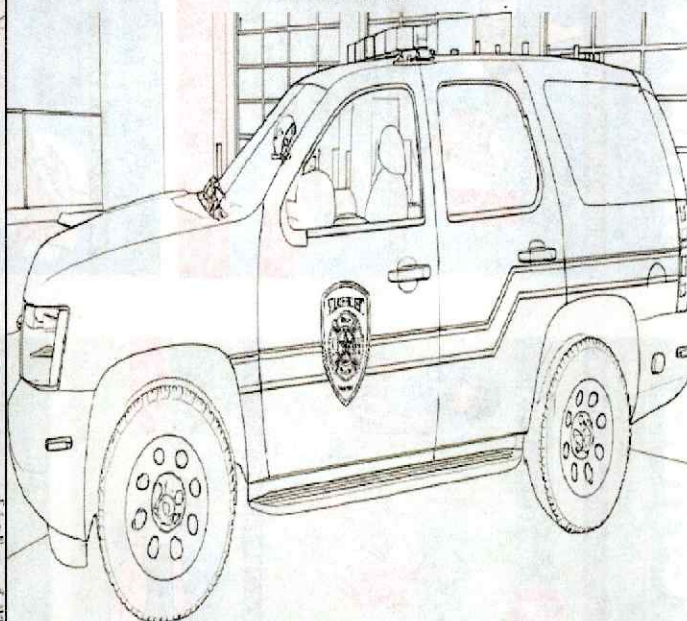
For Public Outreach / EMS Events: Events@VillageFire.org

For CPR / AED / First Aid Class Info: CPR@VillageFire.org

For Fire / EMS Records Requests: Records@VillageFire.org

For The Village Fire Marshal: FireMarshal@VillageFire.org

For all other General Questions: Contact@VillageFire.org



**Thank you so much
for being here and
supporting us.**

**Make sure to come by
and visit us anytime:
901 Corbindale Rd, 77024
[Don't forget to Color Me!]**



**Welcome to
The Village
Fire Dept**

