

# Pet CPR/Heimlich

## CardioCare

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### **A. Airway** (*unconscious or difficulty breathing*)

1. Carefully pull tongue straight out of mouth to open airway (be careful because even unconscious dogs/cats can bite)
2. Make sure neck is straight, try to bring head back in-line with neck if not injured.
3. Clear any mucus, attempt 2 breaths just enough to get chest to rise by closing their mouth and holding closed with your hands then perform "mouth to snout" (if the chest does not rise, readjust and reattempt...if it still doesn't rise you may have an obstruction so stop and do the next step below before proceeding onto "B")

### **A. Airway: Heimlich** (*conscious*)

1. Turn animal upside down, with his back against your chest.
2. Hug animal with your fist in your hand just below their rib cage (for cats and small dogs just squeeze with 1 hand not 2).
3. With both arms give 5 sharp thrusts to abdomen firm/hard.
4. Stop and check to see if object is visible in mouth, if so remove it and lay him down to give him 2 breaths if he's not breathing yet otherwise repeat until out.

### **B. Breathing**

1. Refer back to 1st part of "A" and then once you've got an open airway check circulation. If he has a pulse but not breathing or not breathing well, go ahead and rescue breath for him at the rate of 1 breath every 5 seconds/or 12 per minute. No pulse, go to "C".
2. Recheck breath and pulse after 1 minute.

### **C. Circulation**

1. Make sure to control any major bleeding with bandages and direct pressure.
2. Check for pulse by laying unconscious animal on his Right side and checking with your pointer and middle fingers on the inside of the left rear leg in their groin.
3. No pulse, locate compression site under where his left elbow touches his chest, in middle of rib cage around the 4th-6th rib down or 1/3 of the way up from the sternum which is at the bottom of the rib cage.
4. Place hand over heel of other hand with fingers up and work on the Left side of the animal.
5. Compress 15: 2 breaths for 1 minute, stop and reassess breath and pulse and repeat if no change. Compressions should be hard and fast at the rate of 100 per minute.  
*small dogs or cats - 1/2" deep*  
*medium dogs - 1" deep*  
*large dogs - 1 1/2" deep*

*\*\*\*Prognosis is usually poor if his gums are grey-white and if his pupils are fixed & dilated (big) and they do not start to constrict back down after CPR is started.*

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