



CPR and First Aid for Dogs and Cats

Pets are members of the family, so of course you'd want to be prepared to help them in an emergency! This course covers core topics to prepare you to help your dog or cat in common emergency situations.

COURSE AGENDA

What's Normal?

- Breathing Rate (10-30 breaths per minute)
 - **My pet:** _____
- Is it Shock? Checking Capillary Refill
 - Press your pet's gums. Normal color should return in 2 seconds, or less.
- Dehydration
 - Pull up on the skin between their shoulder blades. Skin should spring back quickly.
- Temperature for dogs and cats
 - 101° to 102.5°
- Heart Rate/Pulse – femoral artery
 - Puppy = 120-160 bpm
 - Small dog = 100-140 bpm
 - Medium to large dogs = 60-100 bpm
 - Cats = 160-220 bpm
 - **My pet** _____
- Mucous Membrane
 - Examine gums. Healthy gums are pink and moist.

CPR – Cardiopulmonary Resuscitation

- ABCs of CPR
 - Airway – with pet on its side, tilt head back and pull out tongue. Check for object in throat.
 - Breathing – check for signs of breathing
 - Check circulation (pulse)
- Rescue Breathing (pet has a pulse, but is not breathing)
 - Extend pet's neck
 - Hold mouth closed and blow in through pet's nose
 - Give 1 breath every 2-3 seconds
- Performing CPR on Dogs and Cats of Various Sizes
 - Pet has no pulse
 - Place on one side
 - Compress on the chest over the heart
 - Give 30 compressions at a rate of 100-120 compressions per minute
 - Give 2 rescue breaths
 - Recheck pulse about every 2 minutes
- Choking
 - If your pet shows signs of choking, perform a finger sweep to remove any object.
 - If pet is still choking, stand behind, or lift your pet so their spine is against your chest.
 - Give 5 abdominal thrusts, lifting inward and upward.
 - For heavy pets, lift hind legs and give 5 back blows between their shoulder blades.

First Aid Basics

- Scene Safety
 - Never approach an unsafe scenario

- Cuts, Wounds and Bleeding
 - Control bleeding with direct pressure.
 - Cleanse and wrap the wound.
- Abrasions and Lacerations
 - Cleanse and wrap the wound.
- Pad Wounds
 - Wash with soap & water and apply gauze padding
- Fractures/Car Accidents
 - Signs & symptoms
 - Safely transport on a board, or similar object to immobilize your pet
- Bites, Snake Bites, Insect Bites and Stings
 - Signs & symptoms
 - Clean with soap & water and watch for signs of infection or allergic reaction
 - For snake bites, seek immediate medical attention. Call ahead to be sure the anti-venin is available.
- Seizures
 - Protect from injury from nearby objects.
 - Do not restrain or put anything in pet's mouth.
- Poisoning
 - What's poisonous?
 - Signs & symptoms of poisoning
 - Call vet with as much information as possible
- Burns

- Signs & symptoms
- Use cool water on heat burns
- Call vet immediately for chemical and electrical burns
- Eye Issues
 - Rinse with saline solution or water
 - Seek treatment if condition does not improve.
- Ear Issues
 - Clean with 1-part vinegar and 1-part water
 - Seek treatment if condition does not improve.
- Heat-Related Illness
 - Signs & symptoms
 - Cool slowly
 - Seek treatment if condition does not improve.
- Cold-Related Illness
 - Signs & symptoms
 - Warm slowly
 - Seek treatment if condition does not improve.

Vet Visits

- 1-2 times per year based on age.

Additional Ailments

Nutrition & General Health

Disaster Plan

First Aid Kit Inclusions