



FEMA Region II

Pet Preparedness Tip



FEMA

Steps for Administering CPR to your Cat or Dog

1. **Check for breathing and a heartbeat** - Check if the pet is breathing and has a heartbeat. If you do not see your pet's chest moving and cannot find a heartbeat, begin CPR with chest compressions.
2. **Give chest compressions** - Place the heel of one of your hands directly over the pet's heart and Place your other hand directly over the first hand. Push hard and push fast at a rate of 100-120 Compressions per minute, compressing 1/3 to 1/2 the width of your pet's chest. Make sure the chest comes back fully (recoils) before compressing again. Perform 30 chest compressions.
3. **Give rescue breaths** - To give rescue breaths, gently close the pet's mouth and extend the pet's neck to open the airway. Cover your pet's nose with your mouth and exhale until you see the pet's chest rise. Give a second rescue breath.
4. **Check again for breathing and a heartbeat** - Continue CPR and get help.



Find out more at

<https://www.redcross.org/take-a-class/cpr/performing-cpr/pet-cpr>