

Canine CPR for Leos

CPR can be used on dogs, just as it is used to help humans:

1. Check for a heartbeat in one of two ways: look at the dog's chest to see if it is moving or by place your ear against the dog's chest and listen. The heart is located where the left elbow touches the chest. Put your hand in front of his nose to see if he is breathing. If he is unresponsive, move on to the next step.
2. Make sure the dog's airway is clear so he does not inhale foreign matter into his lungs, then pull his tongue forward out of his mouth. (Be careful, as even unresponsive dogs may bite instinctively.) Gently try to bring his head in line with his neck to open the airway.
3. Breathe into the dog's nose and watch for his chest to expand. Give *just enough* air to cause his chest to rise. Continue breathing into his nose, giving one breath every three seconds.
4. If the dog's chest does not rise when you breathe, look into his mouth again and make sure the airway is clear. Perform the Heimlich maneuver if necessary by turning the dog upside down with his back against your chest. Use both arms to give five strong, sharp hugs to the abdomen until any object is expelled. If you can see the object, reach in and remove it. Do not begin chest compressions until the airway is clear.
5. To start compressions, turn the dog gently onto his right side. Place the heel of your hand on the chest over the heart. Place the other hand palm down on top of your first hand. Compress the chest 15 times (about three compressions every two seconds.) Press down an inch for smaller Leos and harder for larger Leos. Be mindful that the dog's ribs could be broken, so don't press too hard. Apply 15 compressions and then give two breaths. Continue that pattern.
6. Continue CPR until your dog has a heartbeat and is breathing regularly. Take the dog to the veterinarian as soon as he is stable. If you perform CPR and determine that it is not helping, get the dog to an emergency animal hospital immediately.