

CPR/AED Guidelines

American Heart Association 2015 Guidelines

For trained lay rescuers and healthcare professionals

Adult CPR Reference

1

Tap and shout
Are you OK?
No response
No breathing or gasping only
Possible seizure activity



Assess scene safety, then:

- Call for help
Local emergency number _____
- Get AED or send someone to get AED

Note: Healthcare professionals may check for a pulse, but take no longer than 10 seconds

2

Compressions
Recommendations
Depth: 2 to 2.4 inches
Rate: 100 to 120/min



Start chest compressions

Bare chest
Give 30 chest compressions
Release pressure completely
Minimize interruptions

3



Give rescue breaths

- Open airway, give 2 breaths
- Provide cycles of 30 compressions and 2 breaths

Note: Untrained lay rescuer should continue with hands-only compressions

AED Reference

4

Activate AED as soon as possible
OR
Perform CPR until
AED is available



Turn on AED

- Apply electrode pads to bare chest
- Follow visual and voice prompts



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**Alton L. Thygerson, Steven M.
Thygerson, Benjamin Gulli, Gina M.
Piazza, American Academy of
Orthopaedic Surgeons, American
College of Emergency Physicians**

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Advanced First Aid, CPR, and AED Alton L. Thygeson, Steven M. Thygeson, Benjamin Gulli, Gina M. Piazza, American Academy of Orthopaedic Surgeons, American College of Emergency Physicians, 2011-03-29 Topics covered in First Aid CPR and AED Standard include current CPR and ECC guidelines core information for first aiders explanations and visual summaries of important skills decision making processes and appropriate procedures

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