

# 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



## LIFEPAK® and HeartSine® AEDs



LIFEPAK CR Plus  
Defibrillator



LIFEPAK 1000  
Defibrillator



HeartSine Samaritan®  
PAD 350P Defibrillator



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# 2013 Cpr Aed Guide

**M Mark**



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