

For trained lay rescuers and healthcare professionals

Adult CPR Reference

1

Tap and shout
Are you CPR?
No response
No breathing or gasping only
Possible serious injury



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

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



Start chest compressions

Start 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 compression.

AED Reference

4

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



Turn on AED

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



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AED



LIFEPAK 1000
AED



HeartSine Samaritan®
PAD 350P AED



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2013 Cpr Aed Guide

M Mark

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