


CPR/AED Guidelines

American Heart Association 2015 Guidelines

For Trained Lay Rescuer and Healthcare Professionals

ADULT CPR REFERENCE



1


Are you OK?

No response
No breathing or gasping only
Possible seizure activity

ASSESS SCENE SAFETY
THEN TAP AND SHOUT

- 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

Depth: 5 to 6 cm
Rate: 100 to 120/min

START CHEST COMPRESSIONS

- Bare Chest
- Give 30 chest compressions
- Release pressure completely
- Minimize interruptions



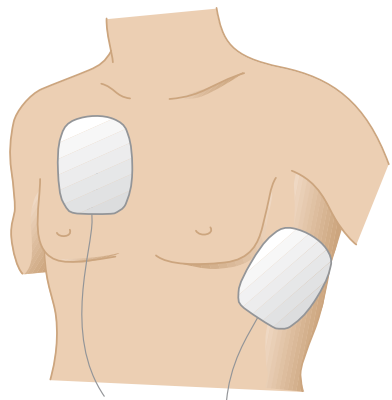
3

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 compression

AED REFERENCE



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

4



TURN ON AED

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



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Defibrillator



LIFEPAK CR® Plus
Defibrillator



LIFEPAK 1000
Defibrillator