CPR/AED guidelines

American Heart Association 2020 Guidelines

For trained lay rescuers and healthcare professionals

Adult CPR reference



Tap and shout

No breathing or gasping only Possible seizure activity

Assess scene safety, then

- · Shout and 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



Compression recommendations:

Depth: 2 to 2.4 inches Bate: 100 to 120 min

Start chest compressions

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



Give rescue breaths

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

Note: Untrained lay rescuers should continue with handsonly compression

AED reference



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

Turn on AED

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



Stryker's AEDs

right to prost throughout









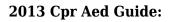


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2013 Cpr Aed Guide

G Orfield



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