



AHA CPR

GUIDELINES UPDATE 2015



HIGH QUALITY CPR (ADULTS) GUIDELINES FOR BLS PROVIDERS

RECOGNITION OF CARDIAC ARREST

- CHECK FOR RESPONSIVENESS
- NO BREATHING OR ONLY BREATHING
- NO DEFINITE PULSE FELT WITHIN 10 SECONDS



01

ACTIVATION OF EMERGENCY RESPONSE SYSTEM

- IF YOU ARE ALONE WITH NO MOBILE PHONE, LEAVE THE VICTIM TO ACTIVATE THE EMERGENCY RESPONSE SYSTEM AND GET THE AED BEFORE BEGINNING CPR
- OTHERWISE, SEND SOMEONE AND BEGIN CPR IMMEDIATELY; USE THE AED AS SOON AS IT IS AVAILABLE

02



COMPRESSION-VENTILATION RATIO WITHOUT ADVANCED AIRWAY

1 OR 2 RESCUERS=30:2



03

COMPRESSION-VENTILATION RATIO WITH ADVANCED AIRWAY

- CONTINUOUS COMPRESSIONS AT A RATE OF 100-120 PER MINUTE
- GIVE 1 BREATH EVERY 6 SECONDS (10 BREATHS PER MINUTE)

04



COMPRESSION RATE

100-120 COMPRESSIONS PER MINUTE



05

06



COMPRESSION DEPTH

AT LEAST 2 INCHES (5 CM)

HAND PLACEMENT

2 HANDS ON THE LOWER HALF OF THE BRESTBONE (STERNUM)



07

08



CHEST RECOIL

ALLOW FULL RECOIL OF CHEST AFTER EACH COMPRESSION

MINIMIZING INTERRUPTIONS

- LIMIT INTERRUPTIONS IN THE CHEST COMPRESSIONS TO LESS THAN 10 SECONDS



09

DO'S AND DONT'S OF HIGH QUALITY CPR (ADULTS)



RESCUERS SHOULD

- PERFORM CHEST COMPRESSIONS AT A RATE OF 100-120 COMPRESSIONS PER MINUTE
- COMPRESS TO A DEPTH OF AT LEAST 2 INCHES
- ALLOW FULL RECOIL AFTER EACH COMPRESSION
- MINIMIZE PAUSES IN COMPRESSIONS
- VENTILATE ADEQUATELY

RESCUERS SHOULD NOT

- COMPRESS AT A RATE SLOWER THAN 100 COMPRESSIONS PER MINUTE OR FASTER THAN 120 COMPRESSIONS PER MINUTE
- COMPRESS TO A DEPTH OF LESS THAN 2 INCHES OR GREATER THAN 2.4 INCHES
- LEAN ON THE CHEST BETWEEN COMPRESSIONS
- INTERRUPT COMPRESSIONS FOR GREATER THAN 10 SECONDS
- PROVIDE EXCESSIVE VENTILATION



Sources:

<http://eccguidelines.heart.org/wp-content/uploads/2015/10/2015-AHA-Guidelines-Highlights-English.pdf>

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