



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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Table of Contents Aha Cpr 2015 Study Guide

1. Understanding the eBook Aha Cpr 2015 Study Guide
 - The Rise of Digital Reading Aha Cpr 2015 Study Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Aha Cpr 2015 Study Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Aha Cpr 2015 Study Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Aha Cpr 2015 Study Guide
 - Personalized Recommendations
 - Aha Cpr 2015 Study Guide User Reviews and Ratings
 - Aha Cpr 2015 Study Guide and Bestseller Lists
5. Accessing Aha Cpr 2015 Study Guide Free and Paid eBooks

- Aha Cpr 2015 Study Guide Public Domain eBooks
- Aha Cpr 2015 Study Guide eBook Subscription Services
- Aha Cpr 2015 Study Guide Budget-Friendly Options
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 - Aha Cpr 2015 Study Guide Compatibility with Devices
 - Aha Cpr 2015 Study Guide Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Aha Cpr 2015 Study Guide
 - Highlighting and Note-Taking Aha Cpr 2015 Study Guide
 - Interactive Elements Aha Cpr 2015 Study Guide
- 8. Staying Engaged with Aha Cpr 2015 Study Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Aha Cpr 2015 Study Guide
- 9. Balancing eBooks and Physical Books Aha Cpr 2015 Study Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Aha Cpr 2015 Study Guide
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Aha Cpr 2015 Study Guide
 - Setting Reading Goals Aha Cpr 2015 Study Guide
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Aha Cpr 2015 Study Guide
 - Fact-Checking eBook Content of Aha Cpr 2015 Study Guide
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development

- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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