

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

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 AWAILABLE

COMPRESSION-VENTILATION RATIO WITHOUT ADVANCED AIRWAY

1 OR 2 RESCUERS=30:2





COMPRESSION-VENTILATION RATIO WITH ADVANCED AIRWAY

COMPRESSION RATE

100-120 COMPRESSIONS PER MINUTE





COMPRESSION DEPTH

AT LEAST 2 INCHES (5 CM)

HAND PLACEMENT

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





CHEST RECOIL ALLOW FULL RECOIL OF CHEST AFTER EACH COMPRESSION

MINIMIZING INTERRUPTIONS

LIMIT INTERRUPTIONS IN THE CHEST COMPRESSIONS TO LESS THAN 10 SECONDS



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

RESCUERS SHOULD PERFORM CHEST COMPRESSIONS AT A RATE OF 100-120 COMPRESSIONS PER MINUTE OMPRESS TO A DEPTH OF AT LEAST 2 INCHES

RESCUERS SHOULD NOT

IINIMIZE PAUSES IN COMPRESSIONS

LEAN ON THE CHEST BETWEEN COMPRESSIONS

DECOMPOSE ENCRESSIVE VENTURALISM

PENTILATE ADEQUATELY

Aha Cpr Guidelines 2course Handbook

Aha

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