

CPR / AED Guidelines

American Heart Association 2010 Guidelines



Are you OK?

1

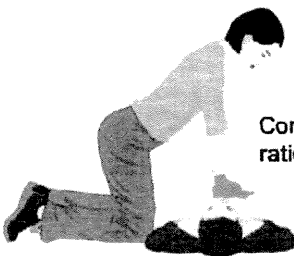
UNCONSCIOUS / CPR

- Be sure scene is safe, TAP & SHOUT: Are You OK?
- Call for help
Emergency # _____

If alone:
Get the AED

If others Present:
Assign someone to get the AED

⚠ USE AED as soon as available!



Compress & breathe
ratio of 30 to 2

2

BEGIN CHEST COMPRESSIONS

- Push hard and fast at least 100/min
- Compress at least 2 inches deep
- Release pressure completely between compressions
- Minimize interruptions, switch compressors frequently (every 5 cycles of 30:2)
- If trained, proceed to breaths

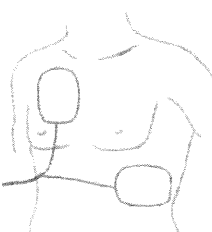
Reminder: Use Personal Protective Equipment



3

GIVE BREATHS

- Open Airway
- Use proper CPR barrier
- Administer 2 breaths
- Use AED and continue compressions



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



TURN ON AED

- Bare Chest and apply electrode pads
- Follow visual and/or voice prompts
- Continue to follow AED prompts and provide CPR until EMS arrives or victim regains consciousness