

CPR/AED guidelines

American Heart Association 2020 Guidelines

For trained lay rescuers and healthcare professionals

Adult CPR reference



Tap and shout

1

Are you OK?

No response
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



2

Compression recommendations:
Depth: 2 to 2.4 inches
Rate: 100 to 120/min

Start chest compressions

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



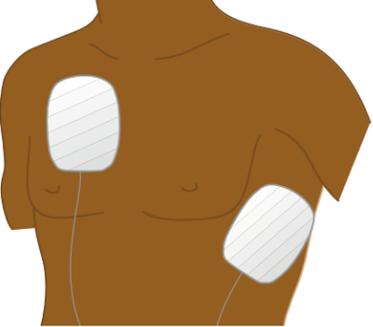
3

Give rescue breaths

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

Note: Untrained lay rescuers should continue with hands-only compression

AED reference



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

4

Turn on AED

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



Stryker's AEDs



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