


CPR/AED guidelines

American Heart Association 2020 Guidelines

For trained lay rescuers and healthcare professionals

Adult CPR reference



Tap and shout

Are you OK?


No response
No breathing or gasping only
Possible seizure activity

1

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




Compression recommendations:

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

2

Start chest compressions

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



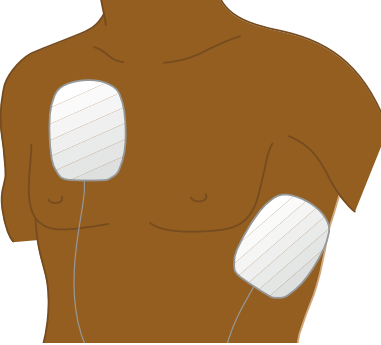
3

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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