

HealthCare Provider CPR Guidelines

The American Heart Association's 2025 Guidelines

ADULT CPR STEPS	
STEP	ACTION
1	Make sure the scene is safe
2	Check Responsiveness: Tap victim's Shoulder and shout, "Are you Ok?"
3	Activate Emergency Response system: Depending on your situation: Phone 911 or Call a Code and get an AED <ul style="list-style-type: none"> ▪ If someone comes to help you, have that person call 911 and get an AED. ▪ If you are alone and have a cell phone, call 911 and put the phone on speaker and get an AED if available. ▪ If you are alone and do not have a cell phone, leave the person to call 911 and get an AED if available. Return to the person. ▪ Use the AED as soon as you have it.
4	Check for breathing <ul style="list-style-type: none"> ▪ Look from head to chest to see if the person is breathing ▪ Do this for at least 5 seconds but no more than 10. ▪ If the person is unresponsive and isn't breathing normally or is only gasping then START CPR.
	Check Pulse: <ul style="list-style-type: none"> • Palpate a carotid pulse • If you do not feel a pulse within 10 seconds, begin high-quality CPR, starting with chest compressions.
5	Give 30 Compressions <ul style="list-style-type: none"> ▪ Make sure the person is lying on his back on a firm flat surface. ▪ Move clothes out of the way. If a person's clothes are difficult to remove, you can still provide compressions over clothing. ▪ Put the heel of one hand on the lower half of the breastbone. Put the heel of your other hand on top of the first hand. ▪ Compress at least 2 inches at a rate of 100 to 120 compressions per minute. ▪ Do not compress deeper than 2.4 inches in adults as it may cause injuries ▪ After each compression, allow complete chest recoil.
6	Open the airway and give breaths <ul style="list-style-type: none"> • Provide effective breaths: open the victim's airway. Use the appropriate technique to open the airway • Head Tilt-Chin Lift: tilt the head back and lift the chin to open the airway • Jaw Thrust: If a head or neck injury is suspected

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ADULT CPR STEPS	
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	<ul style="list-style-type: none"> • Deliver each rescue breath over 1 second • The victim's chest should rise with each breath <p>Open the airway and give breaths- continued</p> <ul style="list-style-type: none"> • Avoid excessive ventilation • Use a bag-valve mask or barrier device if available • Once an advanced airway is placed, continuous compressions are performed without pause for ventilation. Ventilations are delivered at a rate of 1 breath every 6 seconds. • <u>If there is a pulse and the victim is not breathing:</u> • Provide rescue breathing: 1 breath every 6 seconds (10breaths/minute)
7	<p>Continue sets of compressions and breaths</p> <ul style="list-style-type: none"> ▪ Continue giving sets of 30 compression and 2 breaths until help arrives or the person becomes responsive. ▪ <i>In two-person CPR the rescuers should change positions after every 2 minutes</i> ▪ Ratio stays the same for one-person & two-person CPR ▪ <i>Use the AED as soon as you have it.</i>

AED STEPS	
STEP	ACTION
1	<p>Turn on the AED</p> <p>Remove all clothing that covers the chest. AED pads must not be placed over any clothing.</p> <p>Follow the prompts, which will tell you everything you need to do.</p>
2	<p>Attach the pads</p> <p>Adult pads: Use adult pads for people 8 years and older</p> <p>Child pads Use child pads if the child is less than 8 years old. If child pads are not available, use adult pads.</p> <ul style="list-style-type: none"> ▪ Peel away the backing from the pads. ▪ Follow the pictures on the pads and attach them to the person's bare chest. Make sure the pads don't touch each other.
3	<p>Let the AED check the heart rhythm</p> <ul style="list-style-type: none"> ▪ Loudly state, "CLEAR," and make sure that no one is touching the person. ▪ The AED will check the heart rhythm. ▪ If a shock is not needed, resume CPR.
4	<p>Clear and deliver a shock if needed</p> <ul style="list-style-type: none"> ▪ Loudly state, "CLEAR," and make sure that no one is touching the person. ▪ Push the "SHOCK" button. ▪ Immediately resume CPR.

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CHILD CPR STEPS	
STEP	ACTION
1	Make sure the scene is safe
2	Check Responsiveness: Tap child's Shoulder and shout, "Are you Ok?"
3	<p>Activate Emergency Response system: Depending on your situation: Phone 911 or Call a Code and get an AED</p> <p>Witnessed Arrest: If you are alone with no mobile phone, leave the child 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</p> <p>Unwitnessed Arrest: Give 2 minutes of CPR Leave the child to activate the emergency response system and get the AED Return to the child and resume CPR: use the AED as soon as it is available</p> <ul style="list-style-type: none"> ▪ If someone comes to help you, have that person call 911 and get an AED. ▪ If you are alone and have a cell phone, call 911 and put the phone on speaker and get an AED if available. ▪ Use the AED as soon as you have it.
4	<p>Check for breathing</p> <ul style="list-style-type: none"> ▪ Look from head to chest to see if the person is breathing ▪ Do this for at least 5 seconds but no more than 10. ▪ If the child is unresponsive and isn't breathing normally or is only gasping then START CPR.
	<p>Check Pulse:</p> <ul style="list-style-type: none"> • Palpate a carotid pulse • If you do not feel a pulse within 10 seconds, begin high-quality CPR, starting with chest compressions.
5	<p>Give 30 Compressions</p> <ul style="list-style-type: none"> ▪ Make sure the child is lying on his back on a firm flat surface. ▪ Move clothes out of the way. If a person's clothes are difficult to remove, you can still provide compressions over clothing. ▪ You may use either 1 or 2 hands for chest compressions ▪ Compress at least 1/3 the depth of the chest about 2 inches at a rate of 100 to 120 compressions per minute. ▪ After each compression, allow complete chest recoil.

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CHILD CPR STEPS	
STEP	ACTION
6	Open the airway and give breaths <ul style="list-style-type: none"> • Provide effective breaths: open the child's airway. Use the appropriate technique to open the airway • Head Tilt-Chin Lift: tilt the head back and lift the chin to open the airway • Jaw Thrust: If a head or neck injury is suspected • Deliver each rescue breath over 1 second • The child's chest should rise with each breath • Avoid excessive ventilation • Use a bag-valve mask or barrier device if available • Once an advanced airway is placed, continuous compressions are performed without pause for ventilation. Ventilations are delivered at a rate of 1 breath every 2-3 seconds (20-30 breaths/minute) • If there is a pulse >60 per minute and inadequate breathing: Provide rescue breathing: 1 breath every 2-3 seconds (20-30 breaths/minute)
7	Continue sets of compressions and breaths <ul style="list-style-type: none"> ▪ Continue giving sets of 30 compression and 2 breaths until help arrives or the person becomes responsive. ▪ <i>In two-person CPR the rescuers should change positions after every 2 minutes</i> ▪ Ratio changes for two-person CPR to 15 compressions to 2 breaths ▪ Use the AED as soon as you have it.

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Infant CPR STEPS	
STEP	ACTION
1	Make sure the scene is safe
2	Check Responsiveness: Tap infant's heel of foot and shout, "Are you Ok?"
3	<p>Activate Emergency Response system: Depending on your situation: Phone 911 or Call a Code and get an AED</p> <p>Witnessed Arrest: 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</p> <p>Unwitnessed Arrest: Give 2 minutes of CPR Leave the child to activate the emergency response system and get the AED Return to the infant and resume CPR: use the AED as soon as it is available</p> <ul style="list-style-type: none"> ▪ If someone comes to help you, have that person call 911 and get an AED. ▪ If you are alone and have a cell phone, call 911 and put the phone on speaker and get an AED if available. ▪ Use the AED as soon as you have it.
4	<p>Check for breathing</p> <ul style="list-style-type: none"> ▪ Look from head to chest to see if the person is breathing ▪ Do this for at least 5 seconds but no more than 10. ▪ If the infant is unresponsive and isn't breathing normally or is only gasping then START CPR.
	<p>Check Pulse:</p> <ul style="list-style-type: none"> • Palpate a brachial pulse • If you do not feel a pulse within 10 seconds, begin high-quality CPR, starting with chest compressions.
5	<p>Give 30 Compressions</p> <ul style="list-style-type: none"> ▪ Make sure the infant is lying on his back on a firm, flat surface. ▪ Move clothes out of the way. ▪ Compress at least 1/3 the depth of the chest, about 1 1/2 inches, at a rate of 100 to 120 compressions per minute ▪ CPR ratio for one-person CPR is 30 compressions to 2 breaths ▪ Single rescuer: use 2 thumb-encircling hands technique or the heel of 1 hand.

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Infant CPR STEPS	
STEP	ACTION
	<ul style="list-style-type: none"> ▪ CPR ratio for two-person CPR is 15 compressions to 2 breaths ▪ Hand Placement: For infants, chest compressions can be performed using the heel of 1 hand or the 2 thumb encircling hands technique ▪ After each compression, allow complete chest recoil.
6	<p>Open the airway and give breaths</p> <ul style="list-style-type: none"> • Provide effective breaths: open the infant's airway. Use the appropriate technique to open the airway • Head Tilt-Chin Lift: tilt the head back and lift the chin to open the airway • Deliver each rescue breath over 1 second • The infant's chest should rise with each breath • Avoid excessive ventilation • Use a bag-valve mask or barrier device if available • Once an advanced airway is placed, continuous compressions are performed without pause for ventilation. Ventilations are delivered at a rate of 1 breath every 2-3 seconds (20-30 breaths/minute) • <u>If there is a pulse and the victim is not breathing:</u> • Provide rescue breathing: 1 breath every 2-3 seconds (20-30 breaths/minute)
7	<p>Continue sets of compressions and breaths</p> <ul style="list-style-type: none"> ▪ Continue giving sets of 30 compression and 2 breaths until help arrives or the person becomes responsive. ▪ <i>In two-person CPR the rescuers should change positions after every 2 minutes</i> ▪ Ratio changes for two-person CPR to 15 compressions to 2 breaths ▪ Use the AED as soon as you have it.

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CHOKING ADULT and CHILD STEPS	
STEP	ACTION
1	If you think someone is choking, ask "Are you choking?"
2	If the person nods yes, activate the emergency response system
3	Start repeated cycles of 5 back blows (slaps) followed by 5 abdominal thrusts
4	Start with Back Blows: Use the heel of your hand and forcefully strike the person's back between the shoulder blades.
5	Abdominal Thrust. Make a fist with one hand and grasp it with the other hand. Perform quick, forceful upward thrusts. Give each new thrust a separate, distinct movement.
6	Continue 5 back blows and 5 abdominal thrusts until the object is dislodged or the person becomes unresponsive.
7	If they become unresponsive START CPR.

CHOKING INFANT STEPS	
STEP	ACTION
1	Hold the infant face down on your forearm. Support the infant's head and jaw with your hand. Hold the infant facedown with the head slightly lower than the chest.
2	Give 5 back blows with the heel of your other hand, between the infant's shoulder blades
3	After delivering 5 back blows. Turn the infant onto his back, supporting the head and neck.
4	Provide 5 quick downward chest thrusts with the heel of one hand in the middle of the chest, over the lower half of the sternum. .
5	Repeat giving 5 back blows and 5 chest thrusts until the infant can breathe, cough, cry, or becomes unresponsive. If they become unresponsive, START CPR.