

# HealthCare Provider CPR Guidelines

*The American Heart Association's 2025 Guidelines*

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

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STEP	ACTION
	<ul style="list-style-type: none"> <li>• Deliver each rescue breath over 1 second</li> <li>• The victim's chest should rise with each breath</li> </ul> <p><b>Open the airway and give breaths- continued</b></p> <ul style="list-style-type: none"> <li>• Avoid excessive ventilation</li> <li>• Use a bag-valve mask or barrier device if available</li> <li>• 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.</li> <li>• <b>If there is a pulse and the victim is not breathing:</b></li> <li>• Provide rescue breathing: 1 breath every 6 seconds (10breaths/minute)</li> </ul>
7	<p><b>Continue sets of compressions and breaths</b></p> <ul style="list-style-type: none"> <li>▪ Continue giving sets of 30 compression and 2 breaths until help arrives or the person becomes responsive.</li> <li>▪ <i>In two-person CPR the rescuers should change positions after every 2 minutes</i></li> <li>▪ Ratio stays the same for one-person &amp; two-person CPR</li> <li>▪ <b>Use the AED as soon as you have it.</b></li> </ul>

AED STEPS	
STEP	ACTION
1	<p><b>Turn on the AED</b></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><b>Attach the pads</b></p> <p><b>Adult pads:</b> Use adult pads for people 8 years and older</p> <p><b>Child pads</b> 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"> <li>▪ Peel away the backing from the pads.</li> <li>▪ Follow the pictures on the pads and attach them to the person's bare chest. Make sure the pads don't touch each other.</li> </ul>
3	<p><b>Let the AED check the heart rhythm</b></p> <ul style="list-style-type: none"> <li>▪ Loudly state, "<b>CLEAR</b>," and make sure that no one is touching the person.</li> <li>▪ The AED will check the heart rhythm.</li> <li>▪ If a shock is not needed, resume CPR.</li> </ul>
4	<p><b>Clear and deliver a shock if needed</b></p> <ul style="list-style-type: none"> <li>▪ Loudly state, "<b>CLEAR</b>," and make sure that no one is touching the person.</li> <li>▪ Push the "<b>SHOCK</b>" button.</li> <li>▪ Immediately resume CPR.</li> </ul>

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

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CHILD CPR STEPS	
STEP	ACTION
6	<b>Open the airway and give breaths</b> <ul style="list-style-type: none"><li>• <b>Provide effective breaths:</b> open the child's airway. Use the appropriate technique to open the airway</li><li>• <b>Head Tilt-Chin Lift:</b> tilt the head back and lift the chin to open the airway</li><li>• <b>Jaw Thrust:</b> If a head or neck injury is suspected</li><li>• Deliver each rescue breath over 1 second</li><li>• The child's chest should rise with each breath</li><li>• Avoid excessive ventilation</li><li>• Use a bag-valve mask or barrier device if available</li><li>• 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)</li><li>• <b>If there is a pulse &gt;60 per minute and inadequate breathing:</b> Provide rescue breathing: 1 breath every 2-3 seconds (20-30 breaths/minute)</li></ul>
7	<b>Continue sets of compressions and breaths</b> <ul style="list-style-type: none"><li>▪ Continue giving sets of 30 compression and 2 breaths until help arrives or the person becomes responsive.</li><li>▪ <i>In two-person CPR the rescuers should change positions after every 2 minutes</i></li><li>▪ <b>Ratio changes for two-person CPR to 15 compressions to 2 breaths</b></li><li>▪ <b>Use the AED as soon as you have it.</b></li></ul>

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

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Infant CPR STEPS	
STEP	ACTION
	<ul style="list-style-type: none"><li>▪ <b>CPR ratio for two-person CPR is 15 compressions to 2 breaths</b></li><li>▪ Hand Placement: For infants, chest compressions can be performed using the heel of 1 hand or the 2 thumb encircling hands technique</li><li>▪ After each compression, <b>allow complete chest recoil</b>.</li></ul>
6	<b>Open the airway and give breaths</b> <ul style="list-style-type: none"><li>• <b>Provide effective breaths:</b> open the infant's airway. Use the appropriate technique to open the airway</li><li>• <b>Head Tilt-Chin Lift:</b> tilt the head back and lift the chin to open the airway</li><li>• Deliver each rescue breath over 1 second</li><li>• The infant's chest should rise with each breath</li><li>• Avoid excessive ventilation</li><li>• Use a bag-valve mask or barrier device if available</li><li>• 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)</li><li>• <b>If there is a pulse and the victim is not breathing:</b></li><li>• Provide rescue breathing: 1 breath every 2-3 seconds (20-30 breaths/minute)</li></ul>
7	<b>Continue sets of compressions and breaths</b> <ul style="list-style-type: none"><li>▪ Continue giving sets of 30 compression and 2 breaths until help arrives or the person becomes responsive.</li><li>▪ <i>In two-person CPR the rescuers should change positions after every 2 minutes</i></li><li>▪ <b>Ratio changes for two-person CPR to 15 compressions to 2 breaths</b></li><li>▪ <b>Use the AED as soon as you have it.</b></li></ul>

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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	<b>Start with Back Blows:</b> Use the heel of your hand and forcefully strike the person's back between the shoulder blades.
5	<b>Abdominal Thust.</b> 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 <b>unresponsive</b> <b>START CPR.</b>

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	<b>Give 5 back blows</b> 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 <b>unresponsive</b> , <b>START CPR.</b>