CPR / AED Guidelines
American Heart Association 2010 Guidelines

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!

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

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

Reminder: Use Personal Protective Equipment