



2010 AHA CPR

CHEAT SHEET

Always remember your **C-A-Bs: Compressions, Airway, and Breathing!**

ADULT CPR

Our goal is to provide **effective** and **immediate** compressions, as soon as we have checked the victim, called 9-1-1 and retrieved an AED. Compressions should begin within 10 seconds! Do not delay compressions; if unsure within 10 seconds, begin compressions!

- **Push hard, push fast!** Compression depth of **at least 2 inches** for adults. Shallow compressions will not produce adequate blood flow.
- Compression rate for victims **of all ages** is **at least 100 compressions per minute**. Each set of 30 compressions should take **18 seconds or less**.
- The adult ratio is **30 compressions, 2 breaths**. Perform chest compressions **first**.
- **Allow the chest to recoil** after each compression. This enables the heart to refill with blood between each compression.
- **Do not interrupt chest compressions** if at all possible!

AIRWAY AND BREATHING

- Begin airway/breathing sequence **after** completing initial 30 compressions.
- Perform the **head-tilt, chin-lift maneuver** if no trauma is suspected.
- Perform the **jaw-thrust maneuver** if trauma is suspected or possible.
- For **one rescuer**, the preferred barrier device is the **pocket face mask with supplemental oxygen**. For **two-rescuer CPR**, the preferred barrier device is the **bag-mask device with supplemental oxygen**.
- Deliver each breath **over 1 second**, squeezing just enough to **make the chest rise**.
- Less force helps avoid **gastric distension**. **Cricoid pressure** no longer utilized.
- With an **advanced airway** in place, do **not** pause between ventilations. Perform compressions and ventilations simultaneously. One breath every 6-8 seconds.

CHILD CPR

- In a **one-rescuer** situation, the child ratio is **30 compressions, 2 breaths**. Perform CPR for **two minutes**, then call for help.
- In a **two-rescuer** situation, the child ratio is **15 compressions, 2 breaths**. Send the second rescuer to get help while you begin CPR.
- Use **one hand or two hands**, depending on the child's size. Compress **at least two inches**.

INFANT CPR

- In a **one-rescuer** situation, the infant ratio is **30 compressions, 2 breaths**. Perform CPR for **two minutes**, then call for help.
- In a **two-rescuer** situation, the infant ratio is **15 compressions, 2 breaths**. Send the second rescuer to get help while you begin CPR.
- Use **two fingers** to compress. Compress **at least 1½ inches**.

AUTOMATED EXTERNAL DEFIBRILLATORS (AEDs)

- Do not check for a pulse after defibrillation. **Resume CPR; start with compressions**.
- For **adult victims**, use **adult AED pads only**. In children and infants, **child/infant pads are preferable**, but adult pads may be used if needed.
- **Avoid unnecessary interruption** of compressions.
- Ensure that all rescuers are **clear before** pressing the **“shock” button**.

AEDs AND SPECIAL CONSIDERATIONS

- When patient is hairy, use razor or pull off as much as possible. Good contact is needed.
- Wet environment (swimming pool, bathtub)? Move victim from water and dry quickly.
- Metal surface (catwalk, others)? Move victim quickly to safe area.
- Implanted device (pacemaker, internal defibrillator)? Place pad one inch away from lump. If defibrillator is discharging (patient jerking), avoid shocking with AED until internal device stops.
- Medication patch (nitroglycerin, etc.)? Wear gloves, peel off patch, dry area quickly.
- Electrocutation victim or struck by lightning? AED still useable (once scene is safe!).

CHOKING

- Victim can **talk, cough forcefully, breathe adequately**? Do not interfere.
- Victim **cannot talk or cough forcefully? Turning gray or blue? High-pitched sound?** Perform **abdominal thrusts (Heimlich maneuver) continuously!**
- Victim **unconscious**? Do not straddle victim. Lower slowly to ground, **begin CPR, start with compressions!** Open mouth, look for object. **Sweep mouth** only if object is visible.
- **Pregnant** or **obese** victim? Perform chest thrusts.

COMPRESSIONS-AIRWAY-BREATHING

Check patient for unresponsiveness
Check for no breathing (or no normal breathing)
Call for help
Check pulse for no longer than 10 seconds
Perform 30 compressions
Open airway
Give 2 breaths
Resume compressions

SOURCES

"2010 Interim Materials, BLS for Healthcare Providers Student Manual, Comparison Chart (Based on 2010 AHA Guidelines for CPR and ECC)". American Heart Association. 13 Dec 2010. 26 Feb 2011.

<http://ahainstructornetwork.americanheart.org/idc/groups/ahaecc-public/@wcm/@ecc/documents/downloadable/ucm_319101.pdf>

"Interim BLS for Healthcare Providers Testing Checklist". American Heart Association. Nov 2010. 26 Feb 2011.

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