



2005 CPR and AED Guidelines for Lay Rescuers

The following 8 techniques are the same for all motionless victims:

- Check responsiveness – Tap and shout. If unresponsive, have someone call 9-1-1.
- Open the airway – Head tilt/chin lift for all victims.
- Check for breathing – Look, listen, and feel for normal breathing for 5-10 seconds
- If breathing, but unresponsive, place in the recovery position.
- If not breathing, give two normal breaths – each breath lasting 1 second.
- If breaths make chest rise, begin CPR – cycles of 30 chest compressions and 2 breaths for 5 cycles (2 minutes). Recheck breathing after every 5 cycles.
- If a breath does not make the chest rise, retilt the head and try another breath.
- If the breath still does not make the chest rise, assume the airway is obstructed – give cycles of 30 chest compressions, look for an object in the mouth, remove any visible object, and give 2 breaths.

Differences Based on Age

Action	Adult (≥ 8 years)	Child (1 – 8 years)	Infant (< 1 year)
Calling EMS when alone	Call immediately after determining victim is unresponsive	Call after performing 2 minutes of CPR	Call after performing 2 minutes of CPR
CPR			
- Location	2 hands on the breastbone between the nipples	1 or 2 hands on the breastbone between the nipples	2 fingers on the breastbone just below the nipple line
- Depth	1 ½ - 2 inches	1/3 – ½ the depth of the chest	1/3 – ½ the depth of the chest
FBAO in a responsive victim	Abdominal thrusts (Heimlich maneuver)	Abdominal thrusts (Heimlich maneuver)	Alternate 5 back blows and 5 chest thrusts
AED use	Yes Deliver 1 shock as soon as possible, followed immediately by 2 minutes of CPR	Yes Deliver 1 shock as soon as possible, followed immediately by 2 minutes of CPR. Use pediatric pads if available.	No



2005 CPR and AED Guidelines for Professional Rescuers

The following 10 techniques are the same for all motionless victims when 1 rescuer is present:

- Check responsiveness – Tap and shout.
- Open the Airway – Head tilt/Chin lift or Jaw Thrust.
- Check for Breathing – Look, listen, and feel for breathing for 5 to 10 seconds.
- If breathing, place in the recovery position.
- If not breathing, give two normal breaths – each breath lasting 1 second.
- If breaths go in, check pulse for up to 10 seconds.
- If no pulse, begin CPR – cycles of chest compressions and breaths for 2 minutes (5 cycles). Reassess after every 5 cycles.
- If pulse is definitely present but no breathing, provide rescue breathing only.
- If a breath does not make the chest rise, retilt the head and try another breath.
- If the breath still does not make the chest rise, assume the airway is obstructed – give cycles of 30 chest compressions, look for an object in the mouth, remove any visible object, and give 2 breaths.

Action	Adult (≥ 8 years)	Child (1 – puberty onset)	Infant (< 1 year)
Calling EMS when alone	Evaluate the likely cause of the event: - Cardiac event - Hypoxic event Call immediately after determining victim is unresponsive.	Evaluate the likely cause of the event: - Cardiac event - Hypoxic event Call after providing 2 minutes of care.	Evaluate the likely cause of the event: - Cardiac event - Hypoxic event Call after providing 2 minutes of care.
CPR			
- Pulse check	Carotid / femoral	Carotid / femoral	Brachial
- Compression location	2 hands on breastbone between the nipples	1 or 2 hands on breastbone between the nipples	2 fingers on breastbone just below the nipple line. (2 thumb technique for neonates)
- Depth	1 ½ - 2 inches	1/3 – ½ the depth of the chest	1/3 – ½ the depth of the chest
- Single rescuer compressions to breaths	30:2	30:2	30:2 (3:1 Neonates)
- Two-rescuer compressions to breaths	30:2	15:2	15:2 (3:1 Neonates)
FBAO in a responsive victim	Abdominal thrusts (Heimlich maneuver)	Abdominal thrusts (Heimlich maneuver)	Alternate 5 back blows and 5 chest thrusts
AED use	Yes Deliver 1 shock followed immediately by 2 minutes of CPR. Reassess	Yes Deliver 1 shock followed immediately by 2 minutes of CPR. Reassess Use pediatric pads if available.	No