



# American Heart Association 2010 CPR Guidelines

*Be prepared to save a life.*

On Monday, October 18, 2010, the American Heart Association (AHA) announced the 2010 guidelines for CPR and the use of the Automated External Defibrillator (AED).

Every five years the American Heart Association evaluates the available research on resuscitation and determines what the future of CPR will be. This year, while there are significant changes to the sequence of the CPR skills, the skills themselves are nearly identical.

The following is a summary of the changes:

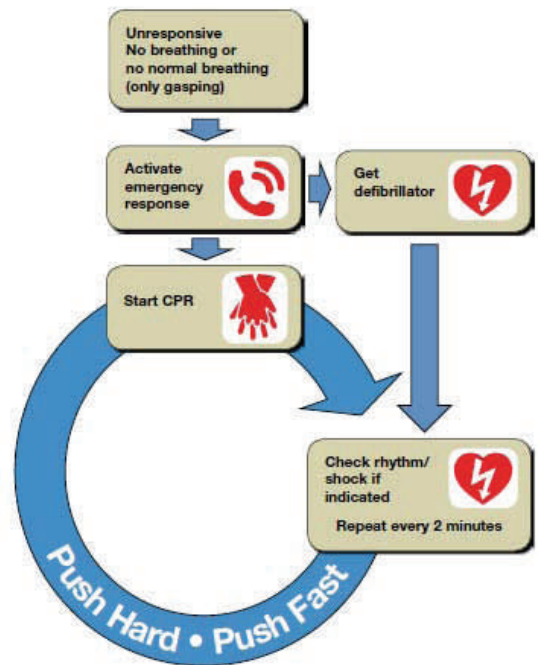
**Focus:** Simplify the steps of CPR and focus on high quality compressions.

**Assess:** Shout and Shake the victim. If the victim does not respond and is not obviously breathing or is only gasping, call 911 and begin CPR.

**CPR Sequence:** C - A - B  
Compressions, Airway and Breathing. Start with compressions. If you are trained and able, after 30 Compressions, open the Airway and give two Breaths.

**Compression Rate:** Rate should be at least 100 compressions per minute.

**Compression Depth:** For an adult, compress the chest at least 2 inches. For a child or infant, compress at least 1/3 depth of the chest.



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When was the last time you reviewed  
your emergency procedures?



When was the last time your staff was trained?

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