



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 to 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 one 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