

CPR/AED Guidelines

American Heart Association 2005 Guidelines

ADULT CPR REFERENCE

1 TAP AND SHOUT

- Call for help
LOCAL EMERGENCY NUMBER _____
- Get AED or send someone to get AED

2 CHECK FOR BREATHING

- Open airway – Look + Listen + Feel
- If not breathing normally give 2 breaths

3 START CHEST COMPRESSIONS

- Push hard & fast (100/min)
- Compress & breathe at a ratio of 30 to 2
- Release pressure completely
- Minimize interruptions

AED REFERENCE

Activate AED as soon as possible
OR
Perform CPR until AED is available

4 TURN ON AED

- Bare chest and apply electrode pads
- Follow visual and voice prompts



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