

AMERICAN HEART ASSOCIATION CPR GUIDELINES



In keeping with the “Heart Month” theme, everyone can use a “refresher” on CPR. The American Heart Association has outlined the CPR steps as well as the most recent updates.

“The steps for CPR have not changed since 1954 when it was first introduced by Dr. Peter Safar. The order of the different steps for performing CPR has always been A-B-C, which represents the order *airway, breathing, and compressions*. This was the accepted best practice up until recently.

In 2010, the American Heart Association (AHA) came out with a report with their recommendations, rearranging the order to C-A-B, placing emphasis on the chest compressions.

The AHA’s research concluded that the old approach creates an unnecessary delay in chest compressions. Following the new guidelines, by beginning with chest compressions instead of postponing them until after completing the airway and breathing steps, we are able to get the blood flowing immediately. Immediate restoration of blood circulation has been determined to be the utmost priority for saving the victim’s life. This change of order applies to adults and children, but not newborn babies.”

THE REVISED AHA CPR GUIDELINES: C-A-B

Chest Compressions

- Start by placing the heel of one hand in the center of the chest and place your other hand on top of the first.
- Push down hard and fast, at the rate of about 100 compressions per minute.
- Perform 30 compressions and then proceed to the next step.

Airway

- Open airway with a head tilt-chin lift.
- Look, listen, and feel for breathing for 5 seconds.

Breathing

- Pinch the victim’s nose.
- Give two one-second breaths.
- Repeat chest compressions and breathing steps, 30 compressions, then two breaths, until emergency services arrive.

The American Heart Association introduces a two-step process for those not trained in CPR or for the “Hands Only” CPR approach.

“Most people who experience cardiac arrest at home, work, or in a public location die because they don't receive immediate CPR from someone on the scene. As a bystander, don't be afraid. Your actions can only help.

HOW TO GIVE HANDS-ONLY CPR - If you see a teen or adult suddenly collapse, call 9-1-1 and push hard and fast in the center of the chest to the beat of the classic disco song "Stayin' Alive." CPR can more than double a person's chances of survival, and "Stayin' Alive" has the right beat for Hands-Only CPR.”

CPR CAN SAVE LIVES....LET’S WALK TO THE BEAT OF “STAYING ALIVE”

Visit the Lehigh County intranet site to schedule your appointment at the Wellness Centre.