Cardiopulmonary Resuscitation (CPR) for Adults

Cardiopulmonary resuscitation (CPR) can help save a life during a cardiac or breathing emergency. There are seven basic steps to the CPR process. The process first begins by scanning the scene for safety, activating the emergency response system (calling for help, and obtaining an automated external defibrillator), opening the person's airway and checking for breathing. When it is apparent that the person needs CPR, chest compressions should begin at a rate of 100 to 120/min and to a depth of at least 2 inches (5 cm) for an average adult. For healthcare providers, CPR using chest compressions and mouth-to-mouth breathing at a ratio of 30:2 (cycles of 30 compressions, 2 breaths). For the general public who are not formally trained, compression-only CPR (CPR without mouth-to-mouth breaths) is recommended. CPR should be performed until the person exhibits breathing, an AED becomes available, or help arrives on the scene.



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Steps Before CPR

Scan Scene
Scanning Scene
The first step before performing CPR is to check the scene and the person. The healthcare provider must ensure that the scene is safe for them to enter. Once safety is established, the healthcare provider should tap the person on the shoulder and shout "Are you OK?" This is a rapid assessment to make sure that the person does in fact need help.

Activate Emergency Response System
Action-clapper Emergency-lights Response Speech-bubble
If the person does in fact need help, call for assistance. If not in a hospital setting, call 911 (or have someone call 911) and send someone else to obtain an automated external defibrillator (AED).

Check For Breathing (Max 10 Seconds)
Check Breathing with (10) Tin
At this point, check to see if the person is breathing. Look and listen carefully, watch the chest for a rise and fall. Do this for no more than 10 seconds. If there is no breathing, it is time to begin CPR.

Open Airway
Open-sign Airway
The next step is to open the airway. With the person lying on their back, tilt the head back slightly to lift the chin.

Compressions, Airway, Breathing (CAB)

Compressions: 2 Inches Deep (100-120 Compressions/Min)
Compressing with (2) Tutu
Compressions should be hard and fast. Hands should be placed in the middle of the chest, one on top of the other. Compressions should be delivered at a rate of 100-120 compressions per minute, at least 2 inches deep.

Airway: Ensure Airway is Still Open
Open-sign Airway
Before administering rescue breaths, you must ensure that the airway is still accessible to receive the air.

Breathing: Administer 2 Rescue Breaths
Breathing (2) Tutu
After making the airway accessible by tilting the person's head back slightly and lifting the chin, two breaths should be delivered. Blow into the person's mouth to make the chest rise. After the two rescue breaths, compressions should be continued.

Considerations

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Repeat C-A-B Sequence (30:2) Until Help Arrives

Repeat-sign Cab

The CPR sequence of 30 compressions to 2 breaths should be performed until the person exhibits breathing, an AED becomes available, or help arrives on the scene.

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