

Healthcare Provider CPR Step-by-Step Guide (Detailed, 2025 AHA Guidelines)

Adult CPR Steps

Step 1: Make sure the scene is safe.

Step 2: Check responsiveness. Tap the victim's shoulder and shout, "Are you OK?"

Step 3: Activate the emergency response system and get an AED.

- If someone is with you, have that person call 911 or call a Code and get an AED.
- If you are alone and have a cell phone, call 911, put the phone on speaker, and get an AED if available.
- If you are alone and do not have a cell phone, leave the person to call 911 and get an AED if available, then return.

Step 4: Check for breathing and pulse.

- Look from head to chest to see if the person is breathing.
- Check for at least 5 seconds but no more than 10 seconds.
- Check carotid pulse.
- If no pulse within 10 seconds and not breathing or only gasping, start CPR.

Step 5: Give 30 compressions.

- Place the person on a firm, flat surface.
- Place the heel of one hand on the lower half of the breastbone and the other hand on top.
- Compress at least 2 inches at a rate of 100–120/min.
- Do not exceed 2.4 inches in depth.
- Allow full chest recoil.

Step 6: Open the airway and give breaths.

- Head tilt–chin lift or jaw thrust if injury suspected.
- Give each breath over 1 second.
- Watch for chest rise.
- Avoid excessive ventilation.
- If advanced airway: 1 breath every 6 seconds.
- If pulse but no breathing: rescue breathing 1 breath every 6 seconds.

Step 7: Continue CPR.

- Continue 30:2 cycles.
- Switch compressors every 2 minutes if two rescuers.
- Use an AED as soon as it is available.

AED Steps

Step 1: Turn on the AED.

- Remove clothing covering the chest.
- Follow prompts.

Step 2: Attach pads.

- Use adult pads for age ≥ 8 .
- Use child pads if < 8 (or adult if unavailable).
- Place pads according to the diagram.

Step 3: Allow AED to analyze.

- Say "CLEAR."
- Ensure no one is touching the patient.
- If no shock advised, resume CPR.

Step 4: Deliver shock if advised.

- Say "CLEAR."
- Press the shock button.
- Resume CPR immediately.

Child CPR Steps

Step 1: Ensure the scene is safe.

Step 2: Check responsiveness. Tap and shout.

Step 3: Activate the emergency response system.

- Witnessed arrest: activate system and get AED first if alone.
- Unwitnessed: give 2 minutes of CPR, then activate the system.
- Send someone if available.

Step 4: Check breathing and pulse.

- Check ≤ 10 seconds.
- Carotid pulse.
- If no pulse and abnormal breathing, start CPR.

Step 5: Give compressions.

- Use 1 or 2 hands.
- Compress 1/3 chest depth (~2 inches).
- Rate 100–120/min.
- Allow recoil.

Step 6: Give breaths.

- Head tilt–chin lift or jaw thrust.
- Each breath 1 second.
- Avoid excessive ventilation.
- Advanced airway: 1 breath every 2–3 seconds.
- If pulse present but poor breathing: rescue breaths.

Step 7: Continue CPR.

- 1 rescuer: 30:2
- 2 rescuers: 15:2
- Switch every 2 minutes
- Use AED ASAP.

Infant CPR Steps

Step 1: Ensure the scene is safe.

Step 2: Check responsiveness (tap foot).

Step 3: Activate emergency response.

- Witnessed vs unwitnessed same as child.
- Send for AED.

Step 4: Check breathing and pulse.

- Check ≤ 10 seconds.
- Brachial pulse.
- If absent, start CPR.

Step 5: Give compressions.

- Depth 1/3 chest (~1.5 inches).
- Use the heel-of-1-hand **or** the 2 thumb-encircling hands technique.
- Rate 100–120/min.
- Allow recoil.

Step 6: Give breaths.

- Head tilt–chin lift.
- 1 second breaths with chest rise.
- Advanced airway: 1 breath every 2–3 seconds.

Step 7: Continue CPR.

- 1 rescuer: 30:2
- 2 rescuers: 15:2
- Switch every 2 minutes
- Use AED ASAP.

Choking Adult and Child

Step 1: Ask if choking.

Step 2: Activate emergency response.

Step 3: Give 5 back blows.

- Strike between shoulder blades.

Step 4: Give 5 abdominal thrusts.

- Fist above navel, quick upward thrusts.

Step 5: Repeat cycles until the object is dislodged or unresponsive.

Step 6: If unresponsive, start CPR.

Choking Infant

Step 1: Hold the infant face down on the forearm.

- Support head and jaw.

- Keep the head lower than the chest.

Step 2: Give 5 back blows.

Step 3: Turn the infant onto its back.

Step 4: Give 5 chest thrusts.

Step 5: Repeat until breathing resumes or the patient becomes unresponsive.

- If unresponsive, start CPR.