

2010 AHA CPR GUIDELINES

How to Do the New CPR

Here is a step-by-step guide for the new CPR:

Call 911 or ask someone else to do so.

Try to get the person to respond; if he doesn't, roll the person on his or her back.

Start chest compressions. Place the heel of your hand on the center of the victim's chest. Put your other hand on top of the first with your fingers interlaced.

Press down so you compress the chest at least 2 inches in adults and children and 1.5 inches in infants. "One hundred (100) times a minute or even a little faster is optimal

If you're been trained in CPR, you can now open the airway with a head tilt and chin lift.

Pinch closed the nose of the victim. Take a normal breath, cover the victim's mouth with yours to create an airtight seal, and then give two (2), one-second breaths as you watch for the chest to rise.

Continue compressions and breaths -- 30 compressions, two breaths -- until help arrives.

SOURCES:

Michael R. Sayre, MD, chair, emergency cardiovascular care committee, American Heart Association, associate professor of emergency medicine, Ohio State University, Columbus, co-author, executive summary, 2010 American Heart Association guidelines for CPR and emergency cardiovascular care.

2010 American Heart Association Guidelines for Cardiopulmonary Resuscitation and Emergency Cardiovascular Care.