

Initial Life Support for Sudden Cardiac Arrest

2025 ILCOR/AHA Guidelines

Assessment - CPR

Scene Safety

- Look for Hazards/Personal Dangers ☐
- Obtain and use appropriate personal protection equipment ☐

Assess

- Responsiveness (do they make sounds, is there any movement) ☐
- Check for signs of narcotics overdose: (nearby needles, bottles of pills, needle tracks, white powder on surfaces) ☐

Call for Help

- If alone call 911 and retrieve the AED, if available ☐
- If second rescuer is available, have them call 911 and retrieve the AED ☐

Check Breathing

- Look for normal breathing ☐
- If no breathing, start CPR ☐

Adult CPR

Provide Chest Compressions

- If no breathing, locate hand position on chest; ☐
Place heel of one hand in center of the chest
- Deliver 30 compressions ☐
 - Push Hard (Compress chest at least 2 inches)
 - Push Fast (Approximately 100-120 compressions per minute). *Allow chest to rise after each compression.*

Open Airway

- After 30 compressions, open airway using head tilt/chin lift ☐

Provide Breathing Alternating with Compressions

- Apply face shield/pocket mask ☐
- Provide 2 normal breaths (1 second each) ☐
- Ensure that chest rises and falls with each breath ☐
- Continue to alternate 30 compressions with 2 breaths ☐

Continue CPR until

- Victim is moving and/or making sounds ☐
- You are relieved by another person who can provide CPR ☐
- Your own safety is in danger ☐
- You are completely exhausted ☐
- AED is on scene and ready to be attached ☐

AED

Upon Arrival of the AED

- Open AED case (if necessary) ☐
- Turn Power On ☐
- Follow Voice/Visual AED prompts ☐
- Prepare Chest (Removing clothing from patient's chest, shave or dry if needed) ☐

Attach Electrode Pads

- Unpack Electrodes ☐
- Attach pads to patient's chest ☐
- Stand clear of patient while AED analyzes heart rhythm ☐

Follow Voice and Visual Prompts

- Ensure that no one is in contact with the patient ☐
- Press flashing shock button, if AED instructs you to do so ☐
- Initiate CPR immediately when AED instructs you to do so ☐

If the patient begins breathing, moving or making verbal sounds

- Maintain open airway using head tilt/chin lift ☐
- Assist with breathing if necessary ☐
- Leave pads attached and AED turned on ☐

Obstructed Airway

Determin if Victim is Choking

- Ask the victim; "Can you speak?" "Are you choking?" ☐
- If no sounds, direct the victim to **cough hard**. Repeat vigorous efforts to encourage the victim to cough hard ☐

Alternate back-blows with abdominal thrusts

- Stand behind victim ☐
- Administer 5 back blows ☐
- Administer 5 abdominal thrusts ☐
- Repeat alternating sequence until object is expelled or patient becomes unconscious ☐

If Victim Becomes Unconscious

- If patient becomes unconscious begin CPR ☐