

On October 18th, the American Heart Association (AHA) and European Resuscitation Council (ERC) released their 2010 Guidelines for cardiopulmonary resuscitation (CPR) and emergency cardiac care (ECC). Here are the top tips to perform high-quality CPR.

High Quality CPR: Top Ten Tips

1. Call **9-1-1**.
2. Send someone for the **Automated External Defibrillator** (AED).
3. Immediately begin CPR if an adult victim is **unresponsive** and **not breathing normally**.
4. **“C-A-B”** (Compressions – Airway – Breathing). The AHA emphasizes the importance of early, uninterrupted chest compressions.
5. Untrained rescuers should perform **hands-only compressions**: “Push hard and fast” on the center of the victim’s chest or follow the directions of EMS dispatchers.
6. **Trained rescuers** should provide 30 compressions and 2 rescue breaths (if they are willing and able) in order to improve outcomes, especially for pediatric victims.
7. **Depth**: Compress the chest at least 2 inches/5 cm (adults) or 1/3 depth of chest (children and infants).
8. **Rate**: Provide 100 compressions per minute, to the beat of the Bee Gee’s song “Stayin’ Alive.”
9. **Recoil**: Allow the chest to recoil fully between compressions.
10. **Minimize interruptions**: Do not delay or interrupt chest compressions to check pulse or rhythm. When more than one rescuer responds, one rescuer should ready the AED (automated external defibrillator) while the other rescuer performs chest compressions.

One more tip: get trained! Skills deteriorate. Refresh your CPR training at least once every two years.

As expected, Cardiac Science Automated External Defibrillators (AEDs) continue to comply with the AHA/ERC Guidelines for defibrillation:

- Our patented RescueCoach™ technology provides extensive CPR prompting with user-paced voice and text prompts and a CPR metronome.
- The Cardiac Science Powerheart AED determines the electrical impedance (resistance level) of each patient and customizes the energy level delivered.
- Powerheart AEDs provide the AHA recommended 30:2 CPR sequence (30 compressions and 2 rescue breaths) and metronome pacing at a rate of 100 compressions per minute. In a University of Pennsylvania simulated rescue, the Powerheart AED G3 Plus helped untrained adults deliver CPR of a quality similar to that of trained professionals.¹

Please visit the Cardiacscience.com webpage for the latest updates.

Your friends at Cardiac Science

¹ Peer reviewed study by Benjamin S Abella et. al. "Untrained Volunteers Perform High Quality CPR When using an Automatic External Defibrillator with a CPR Voice Prompting Algorithm," Circulation. 2007; 116:II_437.

