

Cardiac Arrest: CPR and AED Use

1. Recognize signs and symptoms of cardiac arrest. ▪ Unresponsive ▪ Not breathing normally	
2. Call 9-1-1 immediately. ▪ Or, tell someone to call and get an AED and first aid kit (if available).	
3. Position the person and yourself. ▪ Place them on their back on a firm, flat surface and kneel beside them. ▪ Place one hand on top of the other in the center of their chest. ▪ Keep your shoulders over your hands and elbows locked.	
4. Give 30 compressions. ▪ Push hard and fast! • Depth: At least 2 inches • Rate: 100 to 120 compressions per minute NOTE: If you are unable or unwilling to give breaths for any reason, give compressions without stopping.	
5. Open the airway. ▪ Face shield or no barrier: Place the face shield over their face, with the one-way valve over their mouth. ▪ Pocket mask: Place the mask over their nose and mouth. Do not extend past their chin or cover their eyes. ▪ Tilt their head back to a past-neutral position.	

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6. Give 2 breaths. ▪ Make a complete seal. • Face shield or no barrier: Pinch their nose and cover their mouth with your mouth. • Pocket mask: Cover the mask valve with your mouth. ▪ Blow into their mouth. Each breath should last about 1 second and make their chest begin to rise.	
7. Continue cycles of CPR (30:2).	
8. As soon as an AED is available, turn it on and follow the voice instructions. NOTE: If a second trained person is at the scene, they may be able to set up the AED and place the AED pads while you continue to give CPR.	
9. Expose the chest. ▪ Dry the chest if wet. ▪ If chest hair is present, continue. If it's thick enough to affect pad contact, shave the pad placement areas.	
10. Place the AED pads as shown on the pad diagram. ▪ Place one pad on the upper right side of the chest. ▪ Place the other on the lower left side of the chest, a few inches below the left armpit. NOTE: Do not use pediatric AED pads on an adult as the shock delivered will not be sufficient.	

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11. Connect the pad cable if needed.	 A close-up photograph showing a person's hands connecting a white cable with red and black pads to the side of a red AED device. The device is open and lying on a patterned rug.
12. Let the AED analyze the heart's rhythm. ▪ Say "CLEAR!" in a loud, commanding voice. ▪ Ensure no one is touching the person while the AED analyzes.	 A photograph showing two people, a woman in a white blazer and a man in a blue shirt, standing over a person lying on a rug. The woman is holding a red AED device. The man is pointing towards the person on the rug, ensuring no one is touching them.
13. If shock is advised: ▪ Say "CLEAR!" again. ▪ Push the shock button.	 A close-up photograph showing a person's hand pressing a green shock button on the side of a red AED device. The device is open and lying on a patterned rug.
14. Resume CPR immediately after the shock or if no shock is advised.	 A photograph showing a person performing CPR on a person lying on a rug. The person performing CPR is wearing a blue shirt and is using their hands to perform chest compressions. The person on the rug is wearing a red shirt.
15. Continue CPR and using an AED until: ▪ You notice an obvious sign of life, such as breathing. ▪ Other responders arrive to relieve you. ▪ You are too exhausted to continue. ▪ The situation becomes unsafe.	 A photograph showing two people, a woman in a white blazer and a man in a blue shirt, performing CPR on a person lying on a rug. The woman is holding a red AED device. The man is pointing towards the person on the rug, ensuring no one is touching them.