



2010 CPR Guidelines Frequently Asked Questions (FAQs)

Q: Does Red Cross support Hands-Only CPR?

A: Red Cross is very supportive of hands-only CPR for citizens/bystanders who witness someone who suddenly collapses. We've been including it in our programs for several years and have a new initiative to reach 5 million with hands-only CPR in 2011.

Q: Will full CPR (compressions and breaths) continue to be taught?

A: Yes. There are many types of emergency situations that benefit from full CPR, such as those involving infants and children, drowning and electrocution. Because workplace responders are presented with a variety of emergency situations we will continue to teach full CPR to this level on up. We also encourage others to learn full CPR so they can more prepared.

Q: Will the Red Cross programs align with American Heart Association (AHA) Guidelines?

A: Red Cross programs will broadly align with AHA with some minor differences. Our programs will emphasize assessing the victim quickly and providing care as soon as possible.

Q: Should instructors begin teaching changes now?

A: No. Red Cross programs are in the process of being updated with new skills and instructors should continue to teach from current materials until new courses are released.