

Summary of Planned Changes to CPR Skills in American Red Cross Programs

Audience	Key Skill Changes
Citizen/ Bystander	Hands-Only CPR <ul style="list-style-type: none"> • For witnessed sudden collapse of any person. • Step of opening the airway eliminated. • Check for consciousness, call 9-1-1, and quickly look for normal breathing. If no breathing, give continuous chest compressions. Push hard and fast.
Workplace Responder	Full CPR <p>Adults</p> <ul style="list-style-type: none"> • Initial 2 rescue breaths eliminated except in cases of drowning or other respiratory emergencies. • Check for consciousness, call 9-1-1, open airway, quickly check for normal breathing and scan for severe bleeding. If no breathing, start full CPR with 30 chest compressions followed by 2 rescue breaths. <p>Children and Infants</p> <ul style="list-style-type: none"> • Retain 2 initial rescue breaths with the exception of a witnessed sudden collapse in which case you would skip the 2 initial rescue breaths. • Check for consciousness, call 9-1-1, open airway, quickly check for normal breathing, give 2 rescue breaths and quickly scan for severe bleeding. If no breathing, start full CPR with 30 chest compressions followed by 2 rescue breaths. • For children, use 2 hands and compress the chest about 2 inches. • Compress the chest about 1½ inches for infants. <p>AEDs</p> <ul style="list-style-type: none"> • Use an AED as soon as available.
Professional Rescuer and Health Care Provider	Full CPR <ul style="list-style-type: none"> • Emphasis on quickly checking for normal breathing and a pulse. • Rescue breathing (i.e., giving ventilations) skill retained. <p>Adults</p> <ul style="list-style-type: none"> • Initial 2 ventilations (rescue breaths) eliminated except in cases of drowning or other respiratory emergencies. • Check for consciousness, call 9-1-1, open airway, quickly check for normal breathing and a pulse, and quickly scan for severe bleeding. If no breathing, start full CPR with 30 chest compressions followed by 2 ventilations. If no breathing and a definite pulse, give ventilations. <p>Children and Infants</p> <ul style="list-style-type: none"> • Check for consciousness, call 9-1-1, open airway, quickly check for normal breathing and a pulse, give 2 ventilations and quickly scan for severe bleeding. If no breathing and no pulse, start full CPR with 30 chest compressions followed by 2 ventilations. If no breathing but a definite pulse, give ventilations. For witnessed sudden collapse, skip 2 initial ventilations. • For children, use 2 hands and compress the chest about 2 inches. • Compress the chest about 1½ inches for infants. <p>Giving Ventilations Using a BVM</p> <ul style="list-style-type: none"> • This should only be done as a 2-person skill. <p>AEDs</p> <ul style="list-style-type: none"> • Use an AED as soon as available.