

Florida Heart CPR*

Authorized American Heart Association Training Center

Summary of 2020 changes for CPR & Basic Life Support

- ♥ Do as much CPR as you can prior to defibrillation. (This can translate to 30-60 seconds or more of high-quality CPR).
- ♥ After defibrillation, return immediately to chest compressions with no pulse check. Hover over the patient in preparation to continue CPR!
- ♥ The rate of chest compressions is **100-120** per minute for all age groups.
- ♥ Depth of compressions on adults should reach **at least 2 inches**, (but no more than 2.4 inches).
- ♥ Pediatric patients should be compressed about 2 inches, or **1/3rd the anterior/posterior diameter of the chest.**

The following recommendations are for the BLS-HCP course only:

- ♥ A suggested rate of 10 breaths a minute for rescue breathing only (no chest compressions) or for ADULT patients that are intubated with an advanced airway. **This is one breath every 6 seconds. Infants and children get rescue breaths at 1 breath every 2-3 seconds. (20-30/min.)**
- ♥ For CPR on infants, use 2 fingers to compress the chest, or the 2-thumb encircling hand technique (for one or two rescuers).
- ♥ **Combine** your initial breathing and pulse check to save time (BLS only)
- ♥ **Choking: infants get 5 back slaps/5 chest thrusts; adults and children over the age of 1 should get abdominal thrusts.**
- ♥ **Pre-charge the defibrillator 15 seconds before the rhythm check, and hover over the patient with your hands to facilitate immediate CPR after the shock!**