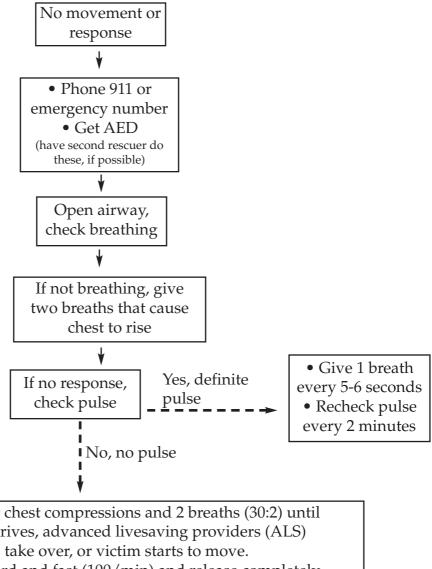
2005 Guidelines for Basic Life Support and CPR



- Give 30 chest compressions and 2 breaths (30:2) until AED arrives, advanced livesaving providers (ALS)
- Push hard and fast (100/min) and release completely.
 - Minimize interruptions.

AED arrives; check rhythm

Shockable?

Give 1 shock, resume CPR immediately for 5 cycles

Not shockable?

- Resume CPR immediately for 5 cycles
- Check rhythm every 5 cycles until ALS takes over or victim starts to move

Adapted from 2005 American Heart Association Guidelines for Cardiopulmonary Resuscitation and Emergency Cardiovascular Care: Adult Basic Life Support. Circulation 2005;112 [Suppl I]:IV-19-IV-34.