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New American Heart Association  
CPR Guidelines  
2019-2020 CPR Guidelines  
American Red Cross (Review) -  
Updated Jan 2020. Based on the  
latest curriculum published by the  
American Red Cross. (also see our  
current AHA CPR Guidelines)

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American Red Cross. (2014, January 1). American Red Cross First Aid/CPR/AED Participant's Manual.

First aid - CPR - NHS  
The 2015 guidelines still recommend traditional CPR cycles

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of 30 chest compressions to two rescue breaths for one-rescuer CPR in all age groups and for two-rescuer CPR in adults. The 15:2 ratio of compressions to breaths remains in the 2015 guidelines for two-rescuer CPR for children and infants.

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AHA updates CPR guidelines to address patients with COVID-19  
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website. Linking to a non-federal website does not constitute an endorsement by CDC or any of its employees of the sponsors or the information and products presented on the website.

Guidance Documents | CDC

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The American Heart Association will have the following materials available in English on October 21, with the launch of 2020 Guidelines: All-new AHA Guidelines Website; 2020 AHA Guidelines for CPR and ECC Digital Reprint; Highlights of the 2020 AHA Guidelines for CPR

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and ECC (in 17 languages) 2020  
AHA Guidelines Science In-Service  
eLearning Course

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The new CPR guidelines are based  
on the latest scientific data from the

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previous 5 years. The new update has placed limits on how fast and deep chest compressions should be performed. The guidelines are updated every five years. The 2010 recommendations led to a major shift in how CPR is taught, ...

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How to perform CPR - on adults, children and babies ... Stay up to date on the latest resuscitation and first aid science as reviewed by an international panel of experts. ... CPR Guidelines. 2019 Highlights - Guidelines Update for CPR & ECC. Read more. 2019

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FAQ - Guidelines Update for CPR & ECC. Read more. 2019 Infographic – ACLS Guidelines Update.

CPR Guidelines | Heart and Stroke Foundation

If you're not completely confident, attempt hands-only CPR instead.

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Adults Place the heel of your hand on the centre of the person's chest, then place the other hand on top and press down by 5 to 6cm (2 to 2.5 inches) at a steady rate of 100 to 120 compressions a minute.

ERC Guidelines | Guidelines 2020

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If you have been trained in CPR, go on to opening the airway and rescue breathing. Airway: Open the airway. If you're trained in CPR and you've performed 30 chest compressions, open the person's airway using the head-tilt, chin-lift maneuver. Put your palm on the



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person's forehead and gently tilt the head back.

New CPR and BLS American Heart Association Guidelines

Performing CPR may save a person's life. If you know CPR, you might save the life of a family

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member or friend. Start CPR as soon as possible. CPR involves chest compressions and mouth-to-mouth (rescue breaths) that help circulate blood and oxygen in the body. This can help keep the brain and vital organs alive. You should start CPR if a person:

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Commonwealth Procurement Rules  
| Department of Finance  
2015 New CPR Guidelines. The  
American Heart Association  
announced its newest CPR  
recommendations on October 16 th,  
2015. The new CPR guidelines are

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based on the latest scientific data from the previous 5 years. The new update has placed limits on how fast and deep chest compressions should be performed. The guidelines are updated every five years.

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New CPR Guidelines and NFL Tackles - by MedicineNet.com  
Knowing the steps of CPR can help save a person's life. In this article, we look at CPR steps, including how to prepare, when to use it, and which techniques to use.

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CPR Steps | Perform CPR | Red Cross

The new CPR guidelines (2010) are meant to encourage untrained bystanders to help a person who collapses, and to avoid being paralyzed into not assisting by the fear of doing something wrong.

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Ideally, the sequence is pretty easy. The victim collapses from a heart attack or other heart problem and is unresponsive and isn't breathing.

How to perform CPR: Guidelines, procedure, and ratio  
Global CPR Guidelines. Every five

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years, the International Liason Committee on Resuscitation meets to discuss the latest studies and research and release global guidelines and protocol for how CPR is performed. ILCOR last released guidelines in 2015 and will release new information in 2020.



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The members of ILCOR are:  
American Heart Association

American Heart Association's 2020 CPR Updates - CPR Training Guidelines 2020 Scope documents are available for download here.  
Commenting is now closed. 01. All

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scope documents Download. 02. Epidemiology — Scope Download. 03. Systems Saving Lives — Scope Download. 04. Basic Life Support and AED — Scope Download. 05. Advanced Life Support — Scope Download. 06.

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2019-2020 CPR Guidelines

American Red Cross (Review)

Note: End the cycles if the scene becomes unsafe or you cannot continue performing CPR due to exhaustion. To see the steps to perform CPR in action, watch our video Putting it All Together: CPR –

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Adult. Or, for online, in person and blended training courses, visit our CPR Training Page.

Cardiopulmonary resuscitation (CPR): First aid - Mayo Clinic Latest AHA Guidelines Changes. The AHA guidelines "strongly

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recommend" that untrained / lay responders perform "compression-only" CPR, sometimes known as CCR. However, medical professionals and trained lay people are still urged to give the victim two "rescue breaths" in between each series of 30 chest

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compressions. All the changes apply only to adult victims who collapse of cardiac arrest ...

2015 - 2020 BLS Guideline Changes  
- ACLS, PALS, BLS, CPR ...

AHA updates CPR guidelines to address patients with COVID-19 . By

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... COVID-19 status should be communicated to any new providers before arrival on the scene or when transferring the patient to a ...

Latest AHA Guidelines Changes -  
CPR & First Aid

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The new version of the CPRs will apply to any new procurement undertaken from 20 April 2019. Official versions of the CPRs are available from the Federal Register of Legislation Information on procurement process considerations, including when the



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below procurement policy guides are relevant, can be found on the Procurement Practice page.

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