

ness, and is the leader in first aid, CPR, and AED training. All recommendations below are based on [Agency Cardiovascular Care \(ECC\)](https://eccguidelines.heart.org/index.php/circulation/cpr-ecc-) (<https://eccguidelines.heart.org/index.php/circulation/cpr-ecc->

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an emergency lifesaving procedure performed when the heart stops beating. Immediate CPR can prevent cardiac arrest.

[here no one dies of cardiac arrest.](https://www.youtube.com/watch?v=EC7HW7S2EzI) (<https://www.youtube.com/watch?v=EC7HW7S2EzI>)

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which extends the opportunity for a successful resuscitation once trained medical staff arrive on site.

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. The term Chain of Survival provides a useful metaphor for the elements of the ECC systems concept.

Key elements of survival are:

1. Activation of the emergency response system (calling 9-1-1 in the US)

2. Rapid assessment

3. Early resuscitation

4. Post-resuscitation care

5. Rapid transport to a hospital for advanced survival and recovery for victims of cardiac arrest.

[AHA/ECC/CPRECC/AboutCPRECC/CPRECC/cprfactsandstats/ucm\\_475731\\_Out-of-hospital-Chain-of-Survival.jsp](https://www.heart.org/ahaecc/cprandecc/aboutcpRECC/cprfactsandstats/ucm_475731_Out-of-hospital-Chain-of-Survival.jsp)

6. Early use of automated external defibrillators (AED)

7. Post-resuscitation care. Here's [a two-page guide on how to implement an AED program](https://www.heart.org/ahaecc/cprandecc/aboutcpRECC/cprfactsandstats/downloadable/ucm_489136.pdf) ([https://www.heart.org/ahaecc/cprandecc/aboutcpRECC/cprfactsandstats/downloadable/ucm\\_489136.pdf](https://www.heart.org/ahaecc/cprandecc/aboutcpRECC/cprfactsandstats/downloadable/ucm_489136.pdf)) at a company or organization. To minimize the time to

ment of AEDs should not be limited to only trained people (although training is still recommended).

atically boost survival of cardiac arrest patients. (<https://news.heart.org/bystander-use-cardiac-arrest-patients/>)

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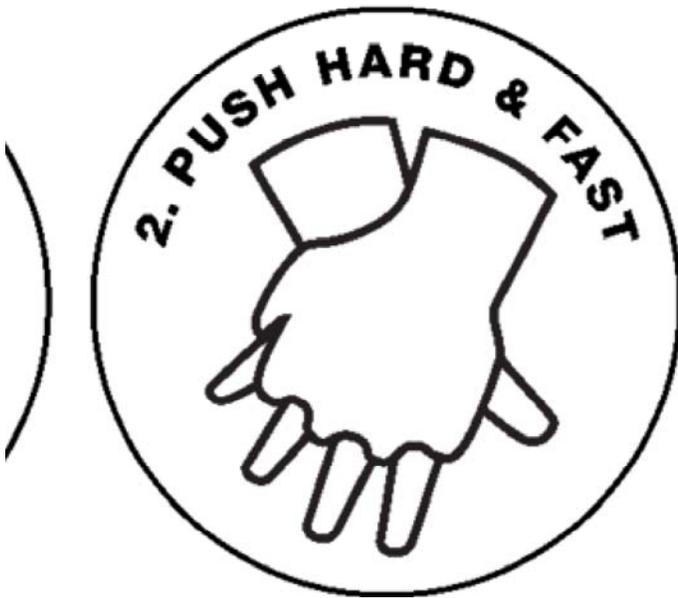
**conventional CPR** using chest compressions and mouth-to-mouth breathing at a ratio of **30:2** if cardiac arrest, it is reasonable for rescuers to perform chest compressions at a rate of **100 to 120 per minute (5 cm)** for an average adult, while avoiding excessive chest compression depths (greater than 2.4

inches) in an adult suddenly collapse: compression-only CPR, or **Hands-Only CPR**. Hands-Only CPR is recommended for use by people who see a teen or adult suddenly collapse in an out-of-hospital setting.

[Hands-Only CPR/UCM\\_473196\\_Hands-Only-CPR.jsp](#)

# REPS

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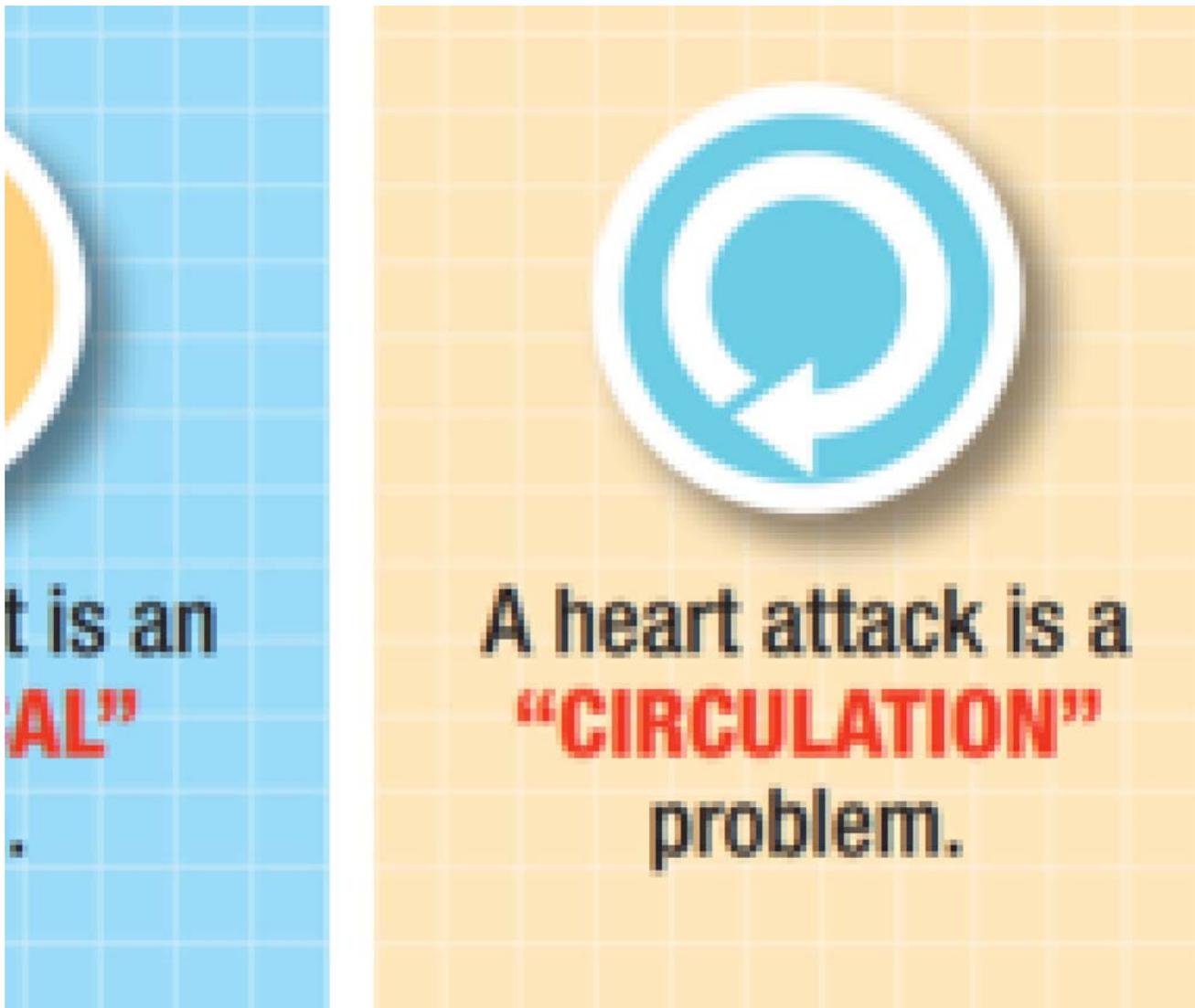


ne - including bystanders. There are five critical components:

- is
- depth
- ussions

ccessful CPR





[acArrestvsHeartAttack/UCM\\_473213\\_Cardiac-Arrest-vs-Heart-Attack.jsp](#)  
 w to the heart is blocked.

rt Attack, [view the infographic](#)

[acArrestvsHeartAttack/UCM\\_473213\\_Cardiac-Arrest-vs-Heart-Attack.jsp](#).

lifesaving skills of CPR, first aid, and AED, [use the Find A Course Tool to locate a Training Center near you](#)  
[\(HA ECC/classConnector.jsp?pid=ahaecc.classconnector.home\)](#).

ing training courses are available online via [OnlineAHA \(https://www.onlineaha.org/\)](https://www.onlineaha.org/) and  
 Courses that involve only cognitive learning can be completed entirely online. For courses that teach CPR,  
 and testing session with an AHA Instructor after they complete the online portion. The Instructor will

Completion of both portions of the course, the student will receive a course completion card, valid for two  
[eLearning training \(/AHA/ECC/CPRECC/General/UCM\\_487917\\_AHA-eLearning-and-Blended-](#)

## About CPR & ECC

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**What Is CPR? (/AHA/ECC/CPRECC/AboutCPRECC/WhatIsCPR/UCM\_499896\_What-is-CPR.jsp)** >

**CPR Facts & Stats (/AHA/ECC/CPRECC/AboutCPRECC/CPRECCFactsAndStats/UCM\_475748\_CPR-Facts-and-Stats.jsp)** >

**History of CPR (/AHA/ECC/CPRECC/AboutCPRECC/HistoryofCPR/UCM\_475751\_History-of-CPR.jsp)** >

**Cardiac Arrest vs. Heart Attack (/AHA/ECC/CPRECC/AboutCPRECC/CardiacArrestvsHeartAttack/UCM\_473213\_Cardiac-Arrest-vs-Heart-Attack.jsp)** >