

2026 AHA Adult and Pediatric CPR AED and Choking Guidelines

Basic Life Support/Heartsaver CPR AED Cheat Sheet

CPR	ADULT AND OLDER CHILD (Older than puberty)	CHILD (1 year to signs of puberty)	INFANT (Up to 1 year old)
Verify scene safety	Do not enter an unsafe environment. Call 911 and wait.		
Check victim’s responsiveness	If victim is UNRESPONSIVE , shout for help. Call 911 with mobile device, if available. Send someone to find an AED.		
Activate 911	If you are alone and do not have a mobile device, leave the victim and call 911 first, then look for an AED. Return and begin CPR.	IF YOU ARE ALONE AND WITNESS THE COLLAPSE Leave the victim and call 911 first, then look for an AED. Return and begin CPR.	
Determine if the victim has a pulse and is breathing	Simultaneously check for pulse and breathing for no more than 10 seconds . NOTE: Agonal gasps (breathing) are NOT considered signs of normal breathing . For children and infants, a pulse rate of less than 60/minute is treated as no pulse.		
	Check for the carotid artery on the victim’s neck on the side closest to you.		Check the brachial artery on the inside of the victim’s upper arm between the bicep and the tricep.
Rescue Breathing If victim has a DEFINITE detectable pulse, but is not breathing	1 breath every 6 seconds . Check pulse every 2 minutes.	1 breath every 3 - 5 seconds. Check pulse every 2 minutes. If pulse rate is less than 60/minute, with signs of poor perfusion, begin compressions.	
	For suspected opioid overdose, administer naloxone (Narcan) , if available.		
If victim has NO detectable pulse, BEGIN CPR and MINIMIZE interruptions to 10 SECONDS or less	1 RESCUER: 30 compressions : 2 breaths 2+ RESCUERS: 30 compressions : 2 breaths Use AED as soon as it arrives.	1 RESCUER: 30 compressions : 2 breaths 2+ RESCUERS: 15 compressions : 2 breaths Use AED as soon as it arrives.	
Compression rate	100 – 120 compressions per minute		
Hand placement	2 hands on lower half of breastbone	1 or 2 hands on lower half of breastbone	1 RESCUER: 1 hand on lower half of breastbone 2+ RESCUERS: 2 thumbs in center of chest, just below the nipple line
Compression depth	2 – 2.4 inches (5 – 6cm) (At least 2 inches)	About 2 inches (5cm) 1/3 depth of chest	About 1.5 inches (4cm) 1/3 depth of chest
Chest recoil	Allow full/complete chest recoil after EVERY compression.		
Minimize interruptions	Limit interruptions in chest compressions to no more than 10 seconds .		
Use the AED as soon as it arrives	TURN ON AED and follow the PROMPTS . Never remove the AED.		

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AEDs look for electrical activity in the heart. These electrical activities are known as “**rhythms**”. These are not visible on most AEDs but may be seen on cardiac monitors in the hospitals or on ambulances. AEDs **analyze** the rhythm of the heart while looking for 4 **rhythms** in particular. See below.

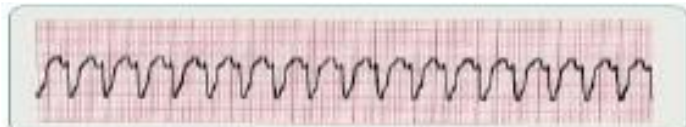
1. Normal Rhythm



2. Ventricular Fibrillation- aka V-Fib



3. Ventricular Tachycardia - aka Pulseless V-Tach



4. Asystole - aka Flatline



To convert V-Fib or Pulseless V-Tach into a normal rhythm, the patient must be **defibrillated**, or “**shocked**”.

Note: Be sure NOONE is touching the patient when defibrillating.

ADULT AND OLDER CHILD (Older than puberty)	CHILD (1 year to signs of puberty)	INFANT (Up to 1 year old)
AED will shock with 200 Joules . Must use adult sized pads ONLY .	AED will shock with 50 Joules . May use adult sized pads if no child sized available. Note: Adult pads will deliver a defibrillation rate of 200 Joules, unless a pediatric dose attenuator is used.	AED will shock with 50 Joules . May use adult sized pads if no infant sized available. Note: Adult pads will deliver a defibrillation rate of 200 Joules, unless a pediatric dose attenuator is used.

2026 AHA Adult and Pediatric Choking Guidelines

CHOKING	RESPONSIVE	UNRESPONSIVE
ADULT AND OLDER CHILDREN (Older than puberty)	Alternate 5 back blows and 5 abdominal thrusts .	Begin CPR with compressions. After 30 compressions, OPEN the airway and LOOK for the obstructing object. Never perform a blind finger sweep.
CHILD (1 year to signs of puberty)	Alternate 5 back blows and 5 abdominal thrusts .	Begin CPR with compressions. After appropriate number of compressions, open the airway and look for the obstructing object. Never perform a blind finger sweep.
INFANT (Up to 1 year old)	Alternate 5 back blows and 5 chest thrusts . Use the heel of the hand to deliver chest thrusts in the same location as used for compressions.	Begin CPR with compressions. After appropriate number of compressions, open the airway and look for the obstructing object. Never perform a blind finger sweep.