

Monday, October 18, 2010, the American Heart Association announced their New Guidelines. Please click on the link below for a quick look at a few links to news briefs as well as news articles that have been published. It is still recommended the do “Breathing” but instead of the usual “ABC’s” (Airway, Breathing, Compressions) it is now “CAB” (Compressions, Airway then Breathing).

**The NEW National Safety Council materials are slated to be available late April or early May with these New Guidelines. All the DVD’s, PowerPoint’s, Instructor Manuals, Student Manuals, etc must be revised and this takes time to rewrite, film, edit, etc.**

[http://www.heart.org/HEARTORG/General/CPR-and-First-Aid-News\\_UCM\\_316658\\_Article.jsp](http://www.heart.org/HEARTORG/General/CPR-and-First-Aid-News_UCM_316658_Article.jsp)

### **CPR revised guidelines: Think C-A-B**

#### **COMPRESSIONS**

Push at least 2 inches on adult breastbone, 100 times per minute, to move oxygenated blood to vital organs



#### **AIRWAY**

Open the airway and check for breathing or blockage; watch for rise of chest and listen for air movement



#### **BREATHING**

Tilt chin back for the unobstructed passing of air; give two breaths and resume chest compressions



NOTE: Those untrained in CPR can simply do chest compressions until help arrives.

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