



American Heart Association and American Red Cross CPR Training and Education Joint Statement

The American Heart Association (AHA) and the American Red Cross are dedicated to saving more lives from cardiac arrest through public awareness, educational programs that train more people in CPR and advocating for continued and increased funding of CPR and resuscitation science. Both the American Heart Association and American Red Cross CPR educational programs are congruent with the recommendations in the *2010 International Consensus on Cardiopulmonary Resuscitation (CPR) and Emergency Cardiovascular Care (ECC) Science With Treatment Recommendations*, the most current and comprehensive review of published resuscitation literature.

As national and international leaders in CPR education, the AHA and the Red Cross are releasing a joint statement to reinforce that both organizations' CPR educational programs are scientifically valid and reflect the most current science. Although both programs are based on the most current resuscitation science, there are slight variations in the approaches used for assessing victims and treating cardiac arrest in children and other special circumstances such as drowning. The approaches and assessments vary depending on the level of experience of potential rescuers and the type of victims they may encounter.

- The AHA and the Red Cross develop their own CPR guidelines and educational materials. Both organizations develop guidelines and training materials that are scientifically valid, so that all students receive training and education that is based on the most current science.
- On the basis of evidence of improved outcomes, both the AHA and the Red Cross stress the importance of the Chain of Survival, which includes early recognition of cardiac arrest, early activation of emergency response, early CPR, rapid defibrillation, effective advanced life support, and integrated post-cardiac arrest care.
- The AHA and the Red Cross agree that the appropriate approach to *assessment* is best described by the sequence Airway, Breathing, and Circulation (A-B-C).
 - The Red Cross and the AHA recognize the need to modify the approach when teaching assessment depending on the competency of the providers being trained and the injuries and illnesses they may encounter.
 - The AHA teaches lay rescuers to look for unresponsiveness and the absence of normal breathing as signs of cardiac arrest. Healthcare providers are taught to also check for a pulse for up to 10 seconds and use the A-B-C sequence in their primary assessments.
 - The Red Cross teaches rescuers to open the airway, check for breathing, and to also use unresponsiveness and the absence of normal breathing as signs of cardiac arrest. Professional rescuers and healthcare workers are also taught to check for a pulse for up to 10 seconds to determine if the victim is in cardiac arrest. For rescuers who may encounter a diverse set of injuries and illnesses, this approach allows them to recognize and address all threats to life.
- The AHA and the Red Cross agree that for the adult cardiac arrest victim, early and effective chest compressions improve outcome. Therefore, in the adult cardiac arrest victim, once cardiac arrest is recognized, CPR must first begin with compressions and then breaths. In order for students to remember the correct sequence of steps for CPR, the mnemonic C-A-B (Chest compressions, Airway, Breathing) should be the universal approach to the *performance* of CPR.

- Both the AHA and the Red Cross pediatric CPR educational programs are based on the most current resuscitation science; however, because of the differences in the scope of training programs, target audiences, and the types of victims encountered by trained rescuers and providers, the educational approaches vary.
 - The Red Cross teaches students to provide 2 breaths to pediatric and drowning victims before beginning the C-A-B CPR sequence.
 - The AHA teaches a universal approach to the performance of CPR for anyone who suffers cardiac arrest.
 - The Red Cross and the AHA both acknowledge that, while different, both approaches are scientifically valid and congruent with the 2010 International Consensus on CPR and ECC Science with Treatment Recommendations.

The AHA and the Red Cross share a common vision to improve outcomes after cardiac arrest by providing education and supporting the continued and increased funding of CPR and resuscitation research.