

CPR is Now Spelled C-A-B

If you saw someone in sudden cardiac arrest, would you know what to do? According to the new guidelines from the American Heart Association, you should begin chest compressions immediately.

The Association has changed the order of CPR from A-B-C (Airway-Breathing-Compressions) to C-A-B (Compressions-Airway- Breathing). Instead of tilting the victim's head back to open the airway first, you should start with chest compressions to pump blood to the victim's brain and heart sooner. The sequence applies to adults, children and infants except for newborns.

If you see someone who suddenly collapses, the Association recommends hands only CPR without breaths. Take the following steps:

1. Call 911
2. Push hard and fast on the center of the victim's chest (at a rate of at least 100 times a minute) until professional help arrives.
3. Compression without breathing is better than doing nothing if you are uneasy about doing mouth to mouth on a stranger. If you are not reluctant, compressions then airway and breathing.

