



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 to train more people in CPR, and advocating for continued and increased funding of CPR and resuscitation science. Both the AHA's and the Red Cross' CPR educational programs are congruent with recommendations in the *2015 International Consensus on Cardiopulmonary Resuscitation (CPR) and Emergency Cardiovascular Care (ECC) Science With Treatment Recommendations*, which is the most current and comprehensive review of published resuscitation literature.

As national and international leaders in CPR education and training, the AHA and the Red Cross are releasing this joint statement to reinforce that both organizations' CPR educational programs for trained lay responders and professional responders are scientifically valid and reflect the most current resuscitation science. Both programs offer approaches that incorporate the level of experience of both lay and professional responders and situations victims may encounter in real life.

- 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, immediate high-quality CPR, rapid defibrillation, basic and advanced emergency medical services, and advanced life support and post arrest care.
- The AHA and the Red Cross agree that for cardiac arrest victims of all ages, early and effective high-quality chest compressions improve outcomes. For the majority of cardiac arrests, CPR must first begin with compressions and then breaths.

The AHA and the Red Cross continue to 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.