



Read the complete 2015 AHA Guidelines at this link:  
<https://eccguidelines.heart.org/index.php/circulation/cpr-ecc-guidelines-2/>

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## Compression rate: 100-120

A higher upper rate limit was added as CPR as quality decreases with >120 compressions per minute.

## Maximize compression time

Increased emphasis has been placed on minimizing the time without compressions to maximize coronary perfusion.



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## Deep, but not too deep

An upper limit on the depth of chest compressions has been added. They should be between 5cm (2") and 6cm (2.5"). Deeper can be harmful.

## Directive dispatchers

Callers can receive increased guidance from emergency dispatchers regarding when to begin CPR. Dispatchers can also utilize social media applications to direct nearby assistance.



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## Audiovisual feedback

Feedback to lay-providers may improve CPR. When available, audiovisual devices may be used to optimize CPR quality.

**From:** <https://eccguidelines.heart.org/index.php/circulation/cpr-ecc-guidelines-2/>  
\* For more Canadian content by the HSFC, check out <http://goo.gl/fHu8lc>

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