



2025 Guidelines Updates—Family & Friends® CPR

The 2025 American Heart Association Guidelines for Cardiopulmonary Resuscitation (CPR) and Emergency Cardiovascular Care (ECC) introduced notable updates that are listed here for your awareness. The educational content in our community courses continues to be valid and appropriate to help save the life of someone experiencing cardiac arrest.

Adults and Children

- When giving breaths to an adult in cardiac arrest, provide only enough breath to make the chest rise.
- For an adult or a child who is severely choking, alternate between giving 5 back blows and 5 abdominal thrusts until the object is forced out or until the person becomes unresponsive.

Optional Infant Modules

- For infants, give compressions using either the 2 thumb–encircling hands technique or the heel-of-1-hand technique. If you cannot wrap your hands around the chest, use the heel of one hand.
- For an infant who is severely choking, alternate between giving 5 back blows and 5 chest thrusts until the object comes out or the infant becomes unresponsive. Use the heel-of-1-hand technique to provide chest thrusts.
- The use of the 2-finger chest compression technique may not provide adequate depth for infant compressions and is no longer recommended.

Important Links

- [Community Training](#)
- [2025 American Heart Association Guidelines for CPR and ECC](#)
- [Highlights of the 2024 American Heart Association and American Red Cross Guidelines for First Aid](#)
- [Guideline and Focused Update Highlights](#)

