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CPR

Also called: **Cardiopulmonary resuscitation**

When someone's blood flow or breathing stops, seconds count. Permanent brain damage or death can happen quickly. If you know how to perform cardiopulmonary resuscitation (CPR), you could save a life. CPR is an emergency procedure for a person whose heart has stopped (called **sudden cardiac arrest** [<https://medlineplus.gov/suddencardiocarrest.html>]) or who is no longer breathing. CPR can maintain the blood flow breathing until **emergency medical help** [<https://medlineplus.gov/emergencymedicalservices.html>] arrives.

Take these steps if someone is in sudden cardiac arrest:

- Call 911.
- If someone else is around, have them look for an automated external defibrillator (AED). An AED is a device that sends an electric shock to the heart to try to restore its normal rhythm. AEDs are available in many public places such as schools, businesses, and airports .
- Make sure that the person with sudden cardiac arrest is lying on their back on a firm surface.
- If you haven't had any CPR training, you can do "hands-only" CPR for a teen or adult whose heart has stopped beating ("hands-only" CPR isn't recommended for children). "Hands-only" CPR uses chest compressions to keep blood circulating. Chest compressions involve pushing hard and fast in the center of the chest.
- If you've had training, you can use chest compressions, clear the airway, and do rescue breathing. Rescue breathing helps get oxygen to the lungs for a person who has stopped breathing. To keep your skills up, repeat the CPR training every two years.
- Use the AED as soon as possible, if there is one available.

Start Here

- **Cardiopulmonary Resuscitation (CPR): First Aid** [<https://www.mayoclinic.org/first-aid/first-aid-cpr/basics/ART-20056600?p=1>] (Mayo Foundation for Medical Education and Research)
Also in Spanish [<https://www.mayoclinic.org/es/first-aid/first-aid-cpr/basics/art-20056600?p=1>]
- **What Is CPR?** [<https://cpr.heart.org/en/resources/what-is-cpr>] (American Heart Association)

Specifics

- **Adult First Aid/CPR/AED Ready Reference** [https://www.redcross.org/content/dam/redcross/training-services/no-index/Adult_RRC.pdf] (American Red Cross) - **PDF**
- **Hands-Only CPR** [<https://cpr.heart.org/en/cpr-courses-and-kits/hands-only-cpr>] (American Heart Association)

Images


- **CPR - adult - series** [https://medlineplus.gov/ency/presentations/100219_1.htm] (Medical Encyclopedia)
Also in Spanish [https://medlineplus.gov/spanish/ency/esp_presentations/100219_1.htm]
- **CPR - child 1 to 8 years old - series -- Check for responsiveness** [https://medlineplus.gov/ency/presentations/100215_1.htm] (Medical Encyclopedia)
Also in Spanish [https://medlineplus.gov/spanish/ency/esp_presentations/100215_1.htm]

- CPR - infant - series [https://medlineplus.gov/ency/presentations/100216_1.htm] (Medical Encyclopedia)
Also in Spanish [https://medlineplus.gov/spanish/ency/esp_presentations/100216_1.htm]

Statistics and Research

- CPR Facts and Stats [<https://cpr.heart.org/en/resources/cpr-facts-and-stats>] (American Heart Association)

Clinical Trials


- ClinicalTrials.gov: Cardiopulmonary Resuscitation [<https://clinicaltrials.gov/search?intr=cardiopulmonary+resuscitation&aggFilters=status:not%20rec>]  (National Institutes of Health)

Journal Articles

References and abstracts from MEDLINE/PubMed (National Library of Medicine)

- Article: Feasibility of video-assisted cardiopulmonary resuscitation when the lay responder is alone... [<https://www.ncbi.nlm.nih.gov/pubmed/40683935>]
- Article: Impact of a short training on the recognition of excessively deep... [<https://www.ncbi.nlm.nih.gov/pubmed/40646461>]
- Article: Do rescuer body mass index and smoking habits affect cardiopulmonary resuscitation... [<https://www.ncbi.nlm.nih.gov/pubmed/40629602>]
- CPR -- see more articles [<https://pubmed.ncbi.nlm.nih.gov/?term=%22Cardiopulmonary+Resuscitation%22%5Bmajr%3Anoexp%5D+AND+humans%5Bmh%5D+AND+english%5Bla%5D+AND+%22last+1+Year%22+%5Bedat%5D+AND+%28patient+education+handout%5Bpt%5D+OR+guideline%5Bpt%5D+OR+clinical+trial%5Bpt%5D%29++NOT+%28letter%5Bpt%5D+OR+case+reports%5Bpt%5D+OR+editorial%5Bpt%5D+OR+comment%5Bpt%5D%29+AND+free+full+text%5Bsb%5D+>]

Find an Expert

- American Heart Association [<https://www.heart.org/en/>]
- American Red Cross [<https://www.redcross.org/>]
Also in Spanish [<https://www.redcross.org/cruz-roja.html>]
- National Heart, Lung, and Blood Institute [<https://www.nhlbi.nih.gov/>] 

Children

- CPR (For Parents) [<https://kidshealth.org/en/parents/cpr.html>] (Nemours Foundation)
Also in Spanish [<https://kidshealth.org/es/parents/cpr.html>]
- CPR: A Real Lifesaver (For Kids) [<https://kidshealth.org/en/kids/cpr.html>] (Nemours Foundation)
Also in Spanish [<https://kidshealth.org/es/kids/cpr.html>]
- Pediatric First Aid/CPR/AED Ready Reference [https://www.redcross.org/content/dam/redcross/training-services/no-index/Pediatric_RRC.pdf] (American Red Cross) - **PDF**



Breathing difficulties - first aid [<https://medlineplus.gov/ency/article/000007.htm>]

CPR [<https://medlineplus.gov/ency/article/000010.htm>]

CPR - adult - series [https://medlineplus.gov/ency/presentations/100219_1.htm]

CPR - adult and child after onset of puberty [<https://medlineplus.gov/ency/article/000013.htm>]

CPR - child 1 to 8 years old - series -- Check for responsiveness
[https://medlineplus.gov/ency/presentations/100215_1.htm]

CPR - infant [<https://medlineplus.gov/ency/article/000011.htm>]

CPR - infant - series [https://medlineplus.gov/ency/presentations/100216_1.htm]

CPR - young child (age 1 year to onset of puberty) [<https://medlineplus.gov/ency/article/000012.htm>]

Myocardial contusion [<https://medlineplus.gov/ency/article/000202.htm>]

Related Health Topics

First Aid [<https://medlineplus.gov/firstaid.html>]

Sudden Cardiac Arrest [<https://medlineplus.gov/suddencardiocarrest.html>]

National Institutes of Health

The primary NIH organization for research on *CPR* is the National Heart, Lung, and Blood Institute
[<http://www.nhlbi.nih.gov/>]

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