



CPR Skill Refresher

A quick after-class reminder for trained students. Use this with your CPR Safety 411 class materials and current course guidance.

Emergency reminder: Check responsiveness and breathing. Call 911 or activate emergency response, send someone for an AED, begin CPR if trained and appropriate, and follow AED prompts as soon as it arrives. This refresher does not replace hands-on training, local protocols, or dispatcher instructions.

Adult CPR quality reminders

■	Push at a steady rate. For adults in cardiac arrest, remember 100 to 120 compressions per minute.
■	Push deep enough. For an average adult, compress at least 2 inches, or 5 cm, while avoiding excessive depth.
■	Let the chest come back up. Allow full chest recoil between compressions and avoid leaning on the chest.

Keep the response moving

■	Minimize pauses. Interrupt compressions only for actions that matter, such as AED analysis, shocks, or responder changeover.
■	Use the AED promptly. Turn it on as soon as it arrives, apply pads, and follow the voice or visual prompts.
■	If giving breaths, remember the cycle. For adults before an advanced airway, trained rescuers commonly use 30 compressions followed by 2 breaths.

After class habits

■	Refresh before you need it. Review your CPR Safety 411 quick reference and return for renewal training when due.
■	Know your AED locations. Notice where AEDs are located at work, school, gyms, community spaces, and places you visit often.
■	Use age-specific training. Child and infant care differs from adult care. Follow the skills taught in your course and CPR Safety 411 class handouts.

Helpful links and sources

CPR Safety 411 Quick Reference: students.cpr411.com/resources

CPR & AED Training: <https://www.cpr411.com/cpr-aed>

AHA 2025 Adult BLS Guidelines: <https://cpr.heart.org/en/resuscitation-science/cpr-and-ecc-guidelines/adult-basic-life-support>

AHA Emergency Treatment of Cardiac Arrest: <https://www.heart.org/en/health-topics/cardiac-arrest/emergency-treatment-of-cardiac-arrest>