

2025 AHA CPR Course Updates

The New 2025 AHA CPR Courses: What You Need to Know

The American Heart Association (AHA) released its updated 2025 Guidelines for CPR & ECC, introducing significant improvements to help rescuers respond more effectively during emergencies.

What's New in 2025?

1. Unified Chain of Survival

The Chain of Survival has been simplified into one universal sequence for all ages and environments.

2. Updated Choking Response

Responders now perform:

- 5 back blows
- 5 abdominal thrusts

Repeated until the obstruction is cleared or the victim becomes unresponsive.

3. Opioid Emergency Integration

The BLS algorithm now includes updated steps for identifying opioid-related emergencies and administering naloxone.

4. Updated Instructor and Student Materials

New videos, checklists, manuals, and practice tools have been developed to align with the 2025 science updates.

Updated AHA Courses for 2025

- Basic Life Support (BLS)
- Advanced Cardiovascular Life Support (ACLS)
- Pediatric Advanced Life Support (PALS)
- Heartsaver CPR AED
- Heartsaver First Aid CPR AED
- Hands-Only CPR and awareness programs

Why These Updates Matter

The 2025 AHA updates help rescuers act with greater confidence and consistency. High-quality CPR and fast recognition greatly increase survival chances.

Stay Updated

Completing a 2025 AHA■aligned CPR course ensures you learn the most accurate and effective methods for saving lives.