



ProTrainings From Ancient Times to AEDs: A CPR Timeline Throughout History

Did you know that the ancient Egyptians revived drowning victims with chest compressions and mouth-to-mouth ventilation? And yet, it wasn't until 63 years ago in 1960 that CPR as we know it was born. Track CPR's long and wild history with this infographic.

16th Century

1500s **The Flagellation Method**
Shocking the body by beating it with sticks, and then cloths to revive it.

1500s **The Bellows Method**
Swiss doctor Paracelsus uses fireplace bellows to pump air into victim's lungs. This method was used until the early 1800s.

19th Century

1812 **Trotting Horse Method**
Victims were ran back and forth on horseback to mimic breathing. The method lasted 3 years.

1856 **Resuscitation Techniques Introduced**
Drs Hall and Sylvester use repetitive movement to mimic breathing, proving more successful than horses.

Late 20th Century

1956 **The Discovery of Rescue Breathing**
Soon after, the US military adopts this technique.

1960 **First Combination of Rescue Breathing + Chest Compressions Since the 1700s**
This was the birth of CPR as we know it.

1957 **First Ever Portable External Defibrillator Invented**
It weighed 200 pounds and had to be wheeled around on a cart!

18th Century

1732 **First Recorded Mouth-to-Mouth Resuscitation**
Scottish surgeon William Tossach successfully resuscitates a suffocated coal miner.

1775 **First AED Technology Precursor**
Danish veterinarian Peter Abdilgaard discovers shocking a chicken with electricity can restart its heartbeat.

Early 20th Century

1950s **Chest Compressions Championed**
Dr. George Crile finds canine chest compressions could restore circulation.

21st Century (Today)

2007 **ProTrainings Launches Internet-First Video-Based CPR Course**

2008 **"Hands-Only" CPR Introduced**
With survival rates close to standard CPR, this means bystanders can be lifesavers.

2008 **ProTrainings Launches Blended CPR Training**

2014 **ProTrainings Develops SUMO Kit**
A low-cost option making CPR training accessible and affordable across the country.

What's Next?

2023 **Leveraging Technology to Train More Rescuers**

CPR mobile apps and data-driven manikins are making CPR training easier and smarter than ever, with ProTrainings at the forefront of innovation.



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