

## Summary of High-Quality CPR Components for BLS Providers

Component	Adults and Adolescents	Children (Age 1 Year to Puberty)	Infants (Age Less Than 1 Year, Excluding Newborns)
<b>Scene safety</b>	Make sure the environment is safe for rescuers and victim		
<b>Recognition of cardiac arrest</b>	Check for responsiveness No breathing or only gasping (ie, no normal breathing) No definite pulse felt within 10 seconds (Breathing and pulse check can be performed simultaneously in less than 10 seconds)		
<b>Activation of emergency response system</b>	If you are alone with no mobile phone, leave the victim to activate the emergency response system and get the AED before beginning CPR  Otherwise, send someone and begin CPR immediately; use the AED as soon as it is available	<b>Witnessed collapse</b> Follow steps for adults and adolescents on the left  <b>Unwitnessed collapse</b> Give 2 minutes of CPR  Leave the victim to activate the emergency response system and get the AED  Return to the child or infant and resume CPR; use the AED as soon as it is available	
<b>Compression-ventilation ratio without advanced airway</b>	<b>1 or 2 rescuers</b> 30:2	<b>1 rescuer</b> 30:2  <b>2 or more rescuers</b> 15:2	
<b>Compression-ventilation ratio with advanced airway</b>	Continuous compressions at a rate of 100-120/min Give 1 breath every 6 seconds (10 breaths/min)		
<b>Compression rate</b>	100-120/min		
<b>Compression depth</b>	At least 2 inches (5 cm)*	At least one third AP diameter of chest  About 2 inches (5 cm)	At least one third AP diameter of chest  About 1½ inches (4 cm)
<b>Hand placement</b>	2 hands on the lower half of the breastbone (sternum)	2 hands or 1 hand (optional for very small child) on the lower half of the breastbone (sternum)	<b>1 rescuer</b> 2 fingers in the center of the chest, just below the nipple line  <b>2 or more rescuers</b> 2 thumb-encircling hands in the center of the chest, just below the nipple line
<b>Chest recoil</b>	Allow full recoil of chest after each compression; do not lean on the chest after each compression		
<b>Minimizing interruptions</b>	Limit interruptions in chest compressions to less than 10 seconds		

\*Compression depth should be no more than 2.4 inches (6 cm).

Abbreviations: AED, automated external defibrillator; AP, anteroposterior; CPR, cardiopulmonary resuscitation.