

## Lay Rescuer

Step/Action	Adult: 8 years and older	Child: 1 to 8 years	Infant: Under 1 year
<b>Airway</b>	Head tilt–chin lift		
<b>Breaths Initial</b>	2 breaths at 1 second/breath		
Foreign-body airway obstruction	Abdominal thrust	Back slaps and chest thrusts	
<b>Compressions</b>			
Compression landmarks	In the center of the chest, between nipples	Just below nipple line	
Compression method Push hard and fast Allow complete recoil	<b>2 Hands:</b> Heel of 1 hand, second hand on top	<b>2 Hands:</b> Heel of 1 hand with second on top or <b>1 Hand:</b> Heel of 1 hand only	2 fingers
Compression depth	1½ to 2 inches	About ⅓ to ½ the depth of the chest	
Compression rate	About 100/min		
Compression-ventilation ratio	30:2		
<b>Defibrillation</b>			
AED	Use adult pads. Do not use child pads/child system.	Use after 5 cycles of CPR. Use child pads/system for child 1 to 8 years if available. If not, use adult AED and pads.	No recommendation for infants <1 year of age

**A**irway  
**B**reathing  
**C**irculation  
**D**efibrillation  
**S**hock

**Not Breathing...  
4 minutes...  
Heart Stops**



**Refer to the American Heart Associations website for more detailed information**  
[www.americanheart.org](http://www.americanheart.org)

## Healthcare Provider

MANEUVER	ADULT	CHILD	INFANT
<b>ACTIVATE</b> Emergency Response Number (lone rescuer)	Lay rescuer: ≥8 years HCP: Adolescent and older	Lay rescuers: 1 to 8 years HCP: 1 year to adolescent	Under 1 year of age
<b>AIRWAY</b>	Head tilt–chin lift (HCP: suspected trauma, use jaw thrust)		
<b>BREATHS Initial</b>	2 breaths at 1 second/breath	2 effective breaths at 1 second/breath	
HCP: Rescue breathing without chest compressions	10 to 12 breaths/min (approximately 1 breath every 5 to 6 seconds)	12 to 20 breaths/min (approximately 1 breath every 3 to 5 seconds)	
HCP: Rescue breaths for CPR with advanced airway	8 to 10 breaths/min (approximately 1 breath every 6 to 8 seconds)		
Foreign-body airway obstruction	Abdominal thrusts	Back slaps and chest thrusts	
<b>CIRCULATION</b> HCP: Pulse check (≤10 sec)	Carotid (HCP can use femoral in child)		Brachial or femoral
Compression landmarks	Center of chest, between nipples		Just below nipple line
Compression method Push hard and fast Allow complete recoil	<b>2 Hands:</b> Heel of 1 hand, other hand on top	<b>2 Hands:</b> Heel of 1 hand with second on top or <b>1 Hand:</b> Heel of 1 hand only	1 rescuer: 2 fingers HCP, 2 rescuers: 2 thumb–encircling hands
Compression depth	1½ to 2 inches	Approximately ⅓ to ½ the depth of the chest	
Compression rate	Approximately 100/min		
Compression-ventilation ratio	30:2 (1 or 2 rescuers)	30:2 (single rescuer) HCP: 15:2 (2 rescuers)	
<b>DEFIBRILLATION</b>			
AED	Use adult pads. Do not use child pads/child system. HCP: For out-of-hospital response may provide 5 cycles/2 minutes of CPR before shock if response > 4 to 5 minutes and arrest not witnessed.	HCP: Use AED as soon as available for sudden collapse and in-hospital. All: After 5 cycles of CPR (out-of-hospital). Use child pads/child system for child 1 to 8 years if available. If child pads/system not available, use adult AED and pads.	No recommendation for infants <1 year of age