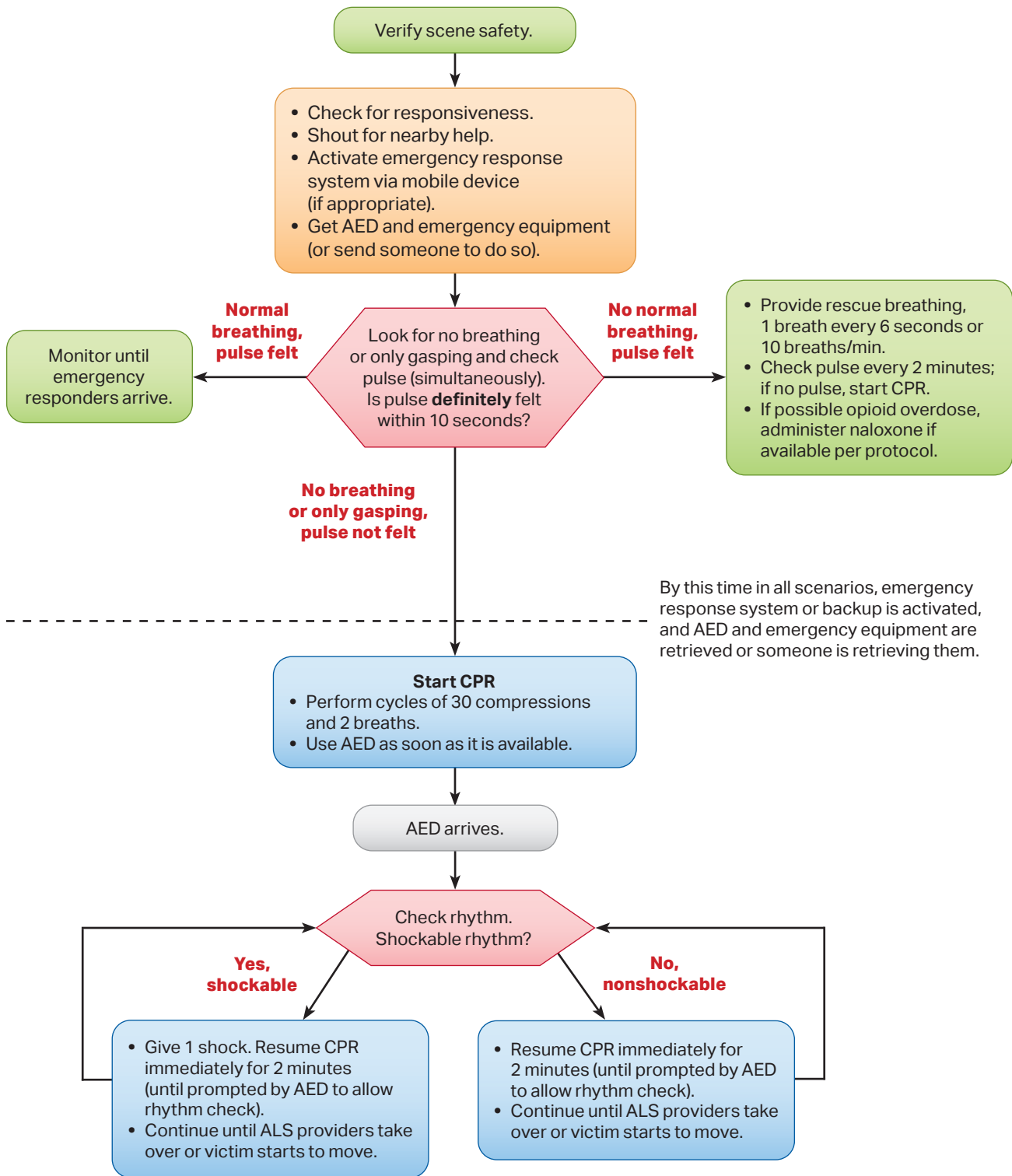


Summary of High-Quality CPR Components for BLS Providers updated Oct. 2020

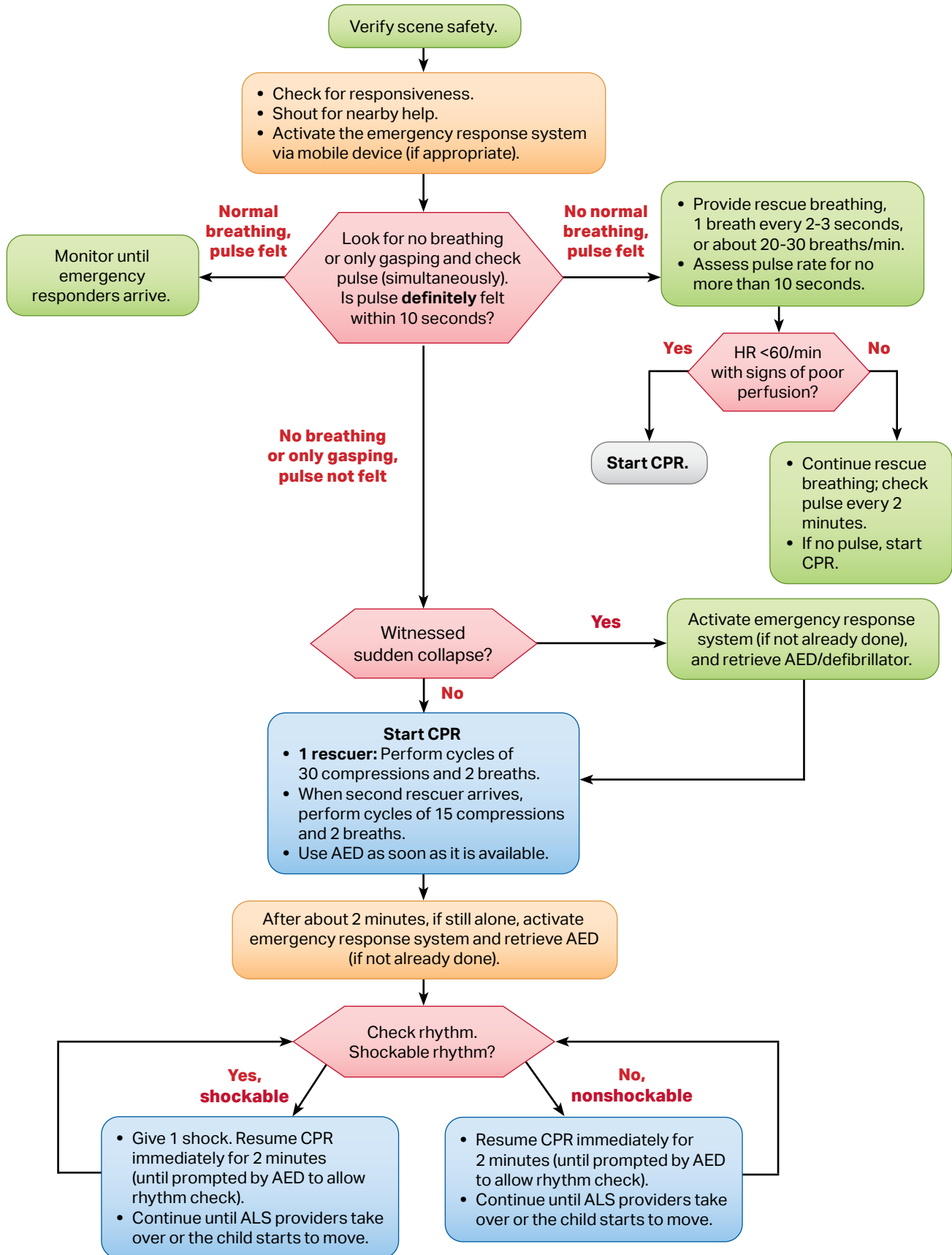
Component	Adults and Adolescents	Children (Age 1 Year to Puberty)	Infants (Age Less Than 1 Year, Excluding Newborns)
Scene safety	Make sure the environment is safe for rescuers and victim		
Recognition of cardiac arrest	Check for responsiveness No breathing or only gasping (ie, no normal breathing) No definite pulse felt within 10 seconds (Breathing and pulse check can be performed simultaneously in less than 10 seconds)		
Activation of emergency response system	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	<p>Witnessed collapse Follow steps for adults and adolescents on the left</p> <p>Unwitnessed collapse Give 2 minutes of CPR</p> 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	
Compression-ventilation ratio <i>without advanced airway</i>	1 or 2 rescuers 30:2	1 rescuer 30:2 2 or more rescuers 15:2	If you notice signs of poor perfusion in an infant despite adequate rescue breathing (that is, despite effective oxygenation and ventilation) and the heart rate is 60/min or less , start CPR (compressions and breaths).
Compression-ventilation ratio <i>with advanced airway</i>	Continuous chest compressions at a rate of 100-120 per minute For Adults , give 1 breath every 6 seconds (10 breaths/min) For Infants/Children , give 1 breath every 2 to 3 seconds (20 to 30 breaths/min)		
Compression rate	100-120/min		
Compression depth	At least 2 inches (5 cm)* <i>but no more than 2.4 inches (6 cm)</i>	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) <i>AP = anteroposterior (from front to back)</i>
Hand placement	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)	1 OR 2 Rescuers (*updated 2020) Single rescuers may compress the sternum with 2 fingers OR 2 thumbs placed just below the nipple line (mammary line). <i>If the correct depth cannot be achieved, a rescuer may use the heel of 1 hand.</i>
Chest recoil	Allow full recoil of chest after each compression; do not lean on the chest after each compression		
Minimizing interruptions	Limit interruptions in chest compressions to less than 10 seconds		

Rescue Breathing for Adults	Rescue Breathing for Infants and Children	Rescue breathing is giving breaths to an unresponsive victim who has a pulse but is not breathing . You may provide rescue breathing by using a barrier device (eg, pocket mask) or bag-mask device .
<ul style="list-style-type: none"> Give 1 breath every 6 seconds (about 10 breaths per minute). 	<ul style="list-style-type: none"> Give 1 breath every 2 to 3 seconds (20 to 30 breaths per minute). 	If emergency equipment is not available, the rescuer may provide breaths by using the mouth-to-mouth or mouth-to-mouth-and-nose technique (for infants) .
<ul style="list-style-type: none"> Give each breath in 1 second. Each breath should result in visible chest rise. Check the pulse about every 2 minutes. 		

Adult Basic Life Support Algorithm for Healthcare Providers



Pediatric Basic Life Support Algorithm for Healthcare Providers—Single Rescuer



Pediatric Basic Life Support Algorithm for Healthcare Providers—2 or More Rescuers

