



# High Quality CPR

## Components



### 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)	Newborn (Age <1 month old)
<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>AED Application and/or defibrillation</b>	<b>Witnessed collapse</b>			
	Use the AED as soon as it is available			
	<b>Unwitnessed collapse</b>			
	Give 2 minutes of CPR first			
<b>Compression-ventilation ratio</b>  <i>without adv airway</i>	<b>1 or 2 rescuers</b> 30:2	<b>1 rescuer</b> 30:2  <b>2 or more rescuers</b> 15:2		<b>1 or 2 rescuers</b> 3:1
<b>Compression-ventilation ratio</b>  <i>with adv airway</i>	Continuous compressions at a rate of 100-120/min  Give 1 breath every 6 seconds (10 breaths/min)			Give 1 breath every 2 seconds (30 breaths/minute)
<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 1 1/2 inches (4 cm)	At least one-third AP diameter of chest
<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	<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
<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).