



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)
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)			
AED Application and/or defibrillation	Witnessed collapse			
	Use the AED as soon as it is available			
	Unwitnessed collapse			
	Give 2 minutes of CPR first			
Compression-ventilation ratio <i>without advanced airway</i>	1 or 2 rescuers 30:2	1 rescuer 30:2 2 or more rescuers 15:2		1 or 2 rescuers 3:1
Compression-ventilation ratio <i>with advanced 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)
Compression rate	100-120/min			
Compression depth	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
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 rescuer 2 fingers in the center of the chest, just below the nipple line 2 or more rescuers 2 thumb-encircling hands in the center of the chest, just below the	1 rescuer 2 fingers in the center of the chest, just below the nipple line 2 or more rescuers 2 thumb-encircling hands in the center of the chest, just below the
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			

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