

BLS Healthcare Provider CPR Summary

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	Witnessed collapse Follow steps for adults and adolescents on the left Unwitnessed collapse 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	
Compression-ventilation ratio without advanced airway	1 or 2 rescuers 30:2	1 rescuer 30:2	2 or more rescuers 15:2
Compression-ventilation ratio with advanced airway	Continuous compressions at a rate of 100-120/min Give 1 breath every 6 seconds (10 breaths/min)		
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 1½ inches (4 cm)
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 nipple line
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).

Abbreviations: **BLS**, Basic Life Support; **AED**, automated external defibrillator; **AP**, anteroposterior; **CPR**, cardiopulmonary resuscitation.

Important Facts to Know about CPR

1. If the victim has been in water or their chest is wet, wipe the chest dry before attaching the AED pads.
2. For adults compress to a depth of at least 2 inches but not deeper than 2.4 inches.
3. For children compress $\frac{1}{3}$ the depth of the child's chest or about 2 inches.
4. For infants compress $\frac{1}{3}$ the depth of the infant's chest or about 1.5 inches
5. An AED can help the heart return to a normal cardiac rhythm.
6. Start CPR if a choking victim becomes unresponsive and always look for an object in the mouth before doing a rescue breath.
7. For an unresponsive victim who is gasping (agonal breathing), not breathing normally and with no pulse always start CPR.
8. For an infant choking provide continuous sets of 5 back slaps followed by 5 chest thrusts.
9. If a choking infant becomes unresponsive call 911, start CPR looking in the mouth before each rescue breath.
10. If you see someone performing chest compressions too slowly tell them to compress at a rate of 100 to 120 times per minute.
11. If you see the compressor not allowing complete chest recoil tell them so promptly.
12. Always turn on the AED first and then follow the prompts from the AED.
13. A hairy chest may need to be shaved before attaching AED pads.
14. When using a bag valve mask watch the chest carefully to monitor the chest rising.
15. For single rescuer child or infant CPR provide 30 compressions then two rescue breaths.
16. For two rescuer child or infant provide 15 compressions then two rescue breaths.
17. If multiple rescuers are doing CPR have them alternate doing the compressions, switching positions about every 2 minutes.
18. Allow the chest to recoil completely between compressions so the heart can refill.
19. It's better to push too deep when providing compressions than to push too shallow.
20. Teams function best when there are clear roles and responsibilities.
21. Team members should know their limitations and ask for help if needed.

Students can claim eCards by going to www.heart.org/cpr/mycards and entering their First Name, Last Name, and Email Address. Please note that the information entered must be the same as the information provided when you registered with us.