

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.

Summary of High-Quality CPR Components for BLS Providers



Component	Adults (puberty and beyond)	Children (1 year of age to puberty)	Infants (younger than 1 year, excluding newborns)
Verifying scene safety	Make sure the scene is safe for rescuers and the person who needs help.		
Recognizing cardiac arrest	Check for responsiveness Shout for nearby help No breathing or only gasping (ie, no normal breathing) No definite pulse felt within 10 seconds (Breathing and pulse check should be performed simultaneously for at least 5 but no more than 10 seconds.)		
Activating emergency response system	If a mobile device is available, call emergency services (911).		
	If you are alone with no mobile device, leave the person to activate the emergency response system and get the AED/defibrillator before beginning CPR. Otherwise, send someone else and begin CPR immediately; use the AED/defibrillator as soon as it is available.	<p>Witnessed collapse, single rescuer</p> If you are alone and witnessed the sudden collapse and do not have a mobile device, leave the child or infant to activate the emergency response system and get the AED before beginning CPR. <p>Unwitnessed collapse, single rescuer</p> If you are alone and did not witness the sudden collapse of the child or infant, perform 5 cycles, or 2 minutes, of 30 compressions and 2 breaths before you leave to activate the emergency response system and get an AED/defibrillator. Use the AED/defibrillator as soon as it is available.	
Compression-to-ventilation ratio <i>without advanced airway</i>	1 or 2 rescuers 30:2	1 rescuer 30:2 2 or more rescuers 15:2	
Compression-to-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).	Continuous compressions at a rate of 100-120/min Give 1 breath every 2-3 seconds (20-30 breaths/min).	
Compression rate	100-120/min		
Compression depth	At least 2 inches (5 cm)*	At least one third the AP diameter of the chest Approximately 2 inches (5 cm)	At least one third the AP diameter of the chest Approximately 1½ inches (4 cm)
Hand placement	2 hands in the center of the chest, on the lower half of the sternum	1 or 2 hands in the center of the chest, on the lower half of the sternum	Use the heel of one hand or the 2 thumb-encircling hands technique
Chest recoil	Allow complete recoil of the 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 with a CCF goal of at least 60%.		

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

Abbreviations: AED, automated external defibrillator; AP, anteroposterior; CCF, chest compression fraction; CPR, cardiopulmonary resuscitation.