# Basic Life Support/Cardiopulmonary Resuscitation

## Summary of High-Quality CPR Components for BLS Providers

<table>
<thead>
<tr>
<th>Component</th>
<th>Adults and Adolescents</th>
<th>Children (Age 1 Year to Puberty)</th>
<th>Infants (Age Less Than 1 Year, Excluding Newborns)</th>
</tr>
</thead>
</table>
| Scene safety                                        | Make sure the environment is safe for rescuers and victim | Check for responsiveness  
  No breathing or only gasping (i.e., no normal breathing)  
  No definite pulse felt within 10 seconds  
  (Breathing and pulse check can be performed simultaneously in less than 10 seconds) | Witnesed 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 |
| Recognition of cardiac arrest                       |                        |                                  |                                                  |
| 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 1 1/2 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: AED, automated external defibrillator; AP, anteroposterior; CPR, cardiopulmonary resuscitation.*

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