

Summary of High-Quality CPR Components for BLS Providers

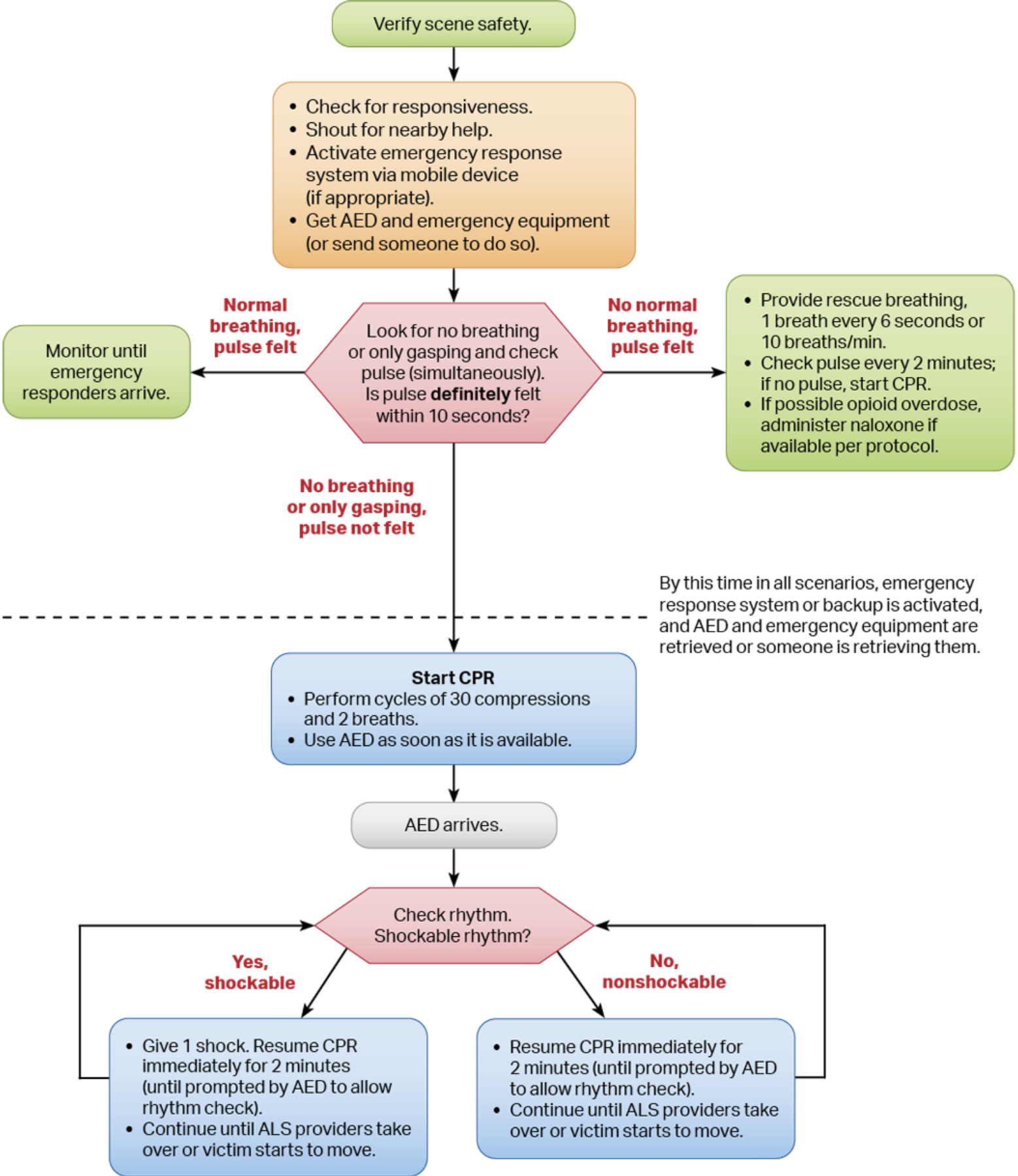


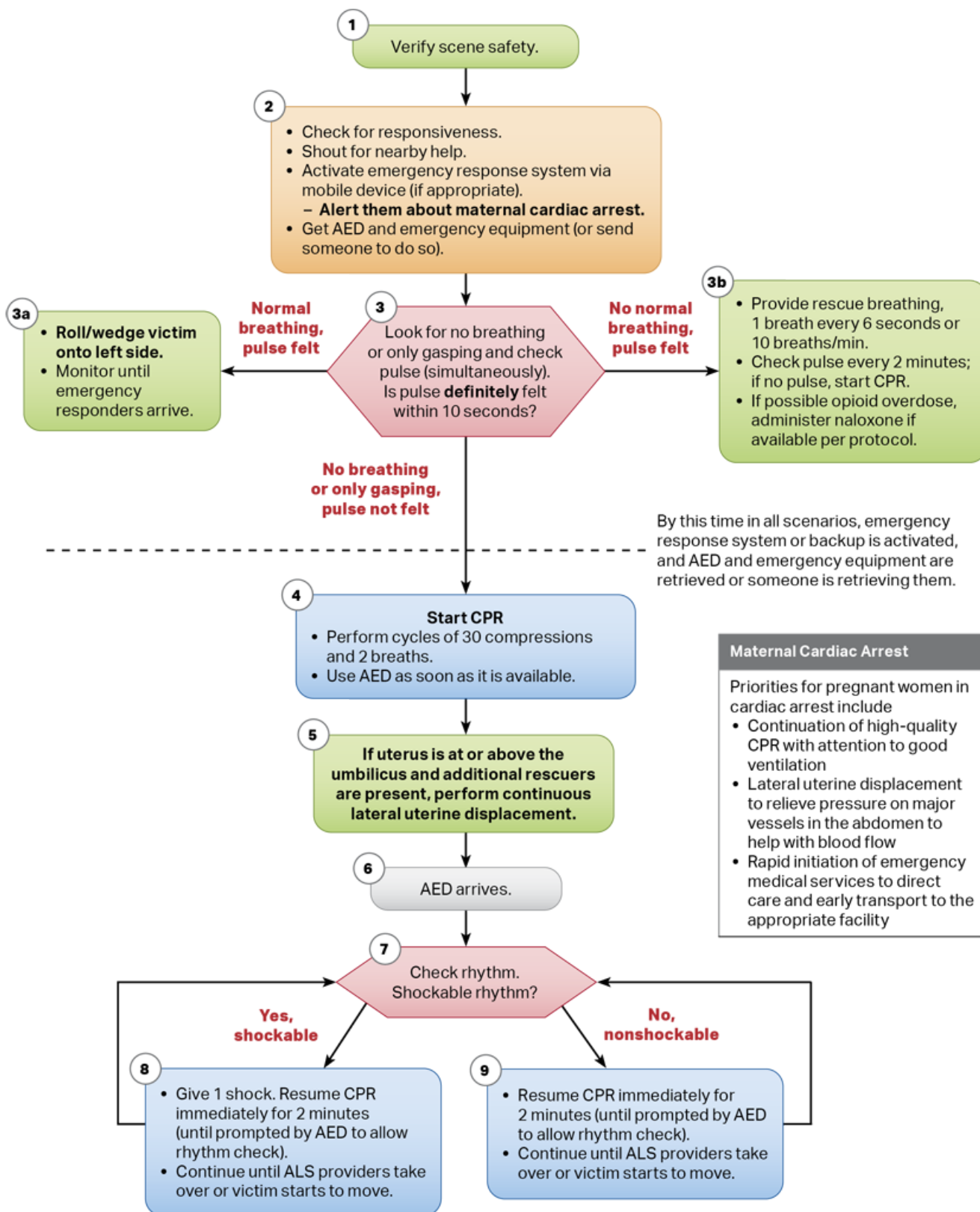
Component	Adults and adolescents	Children (age 1 year to puberty)	Infants (age less than 1 year, excluding newborns)
Verifying scene safety	Make sure the environment is safe for rescuers and victim		
Recognizing cardiac arrest	Check for responsiveness No breathing or only gasping (ie, no normal breathing) No definite pulse felt within 10 seconds (Breathing and pulse check can be performed simultaneously in less than 10 seconds)		
Activating emergency response system	If a mobile device is available, phone emergency services (9-1-1)		
	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)	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 AP diameter of chest Approximately 2 inches (5 cm)	At least one third AP diameter of chest Approximately 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 or 2 thumbs 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 If the rescuer is unable to achieve the recommended depth, it may be reasonable to use the heel of one hand
Chest recoil	Allow complete 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 with a CCF goal of 80%		

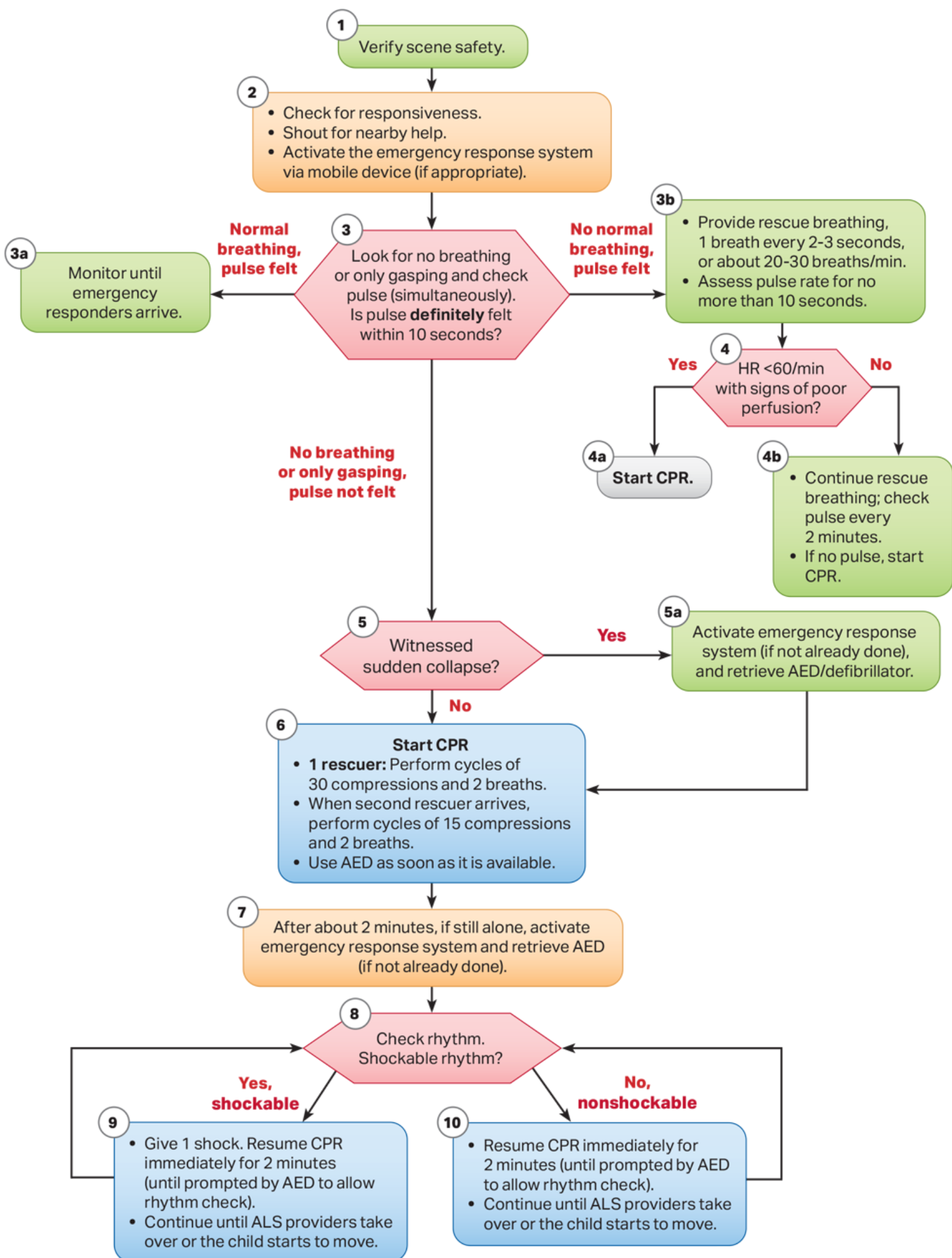
*Compression depth should be no more than 2.4 inches (6 cm).

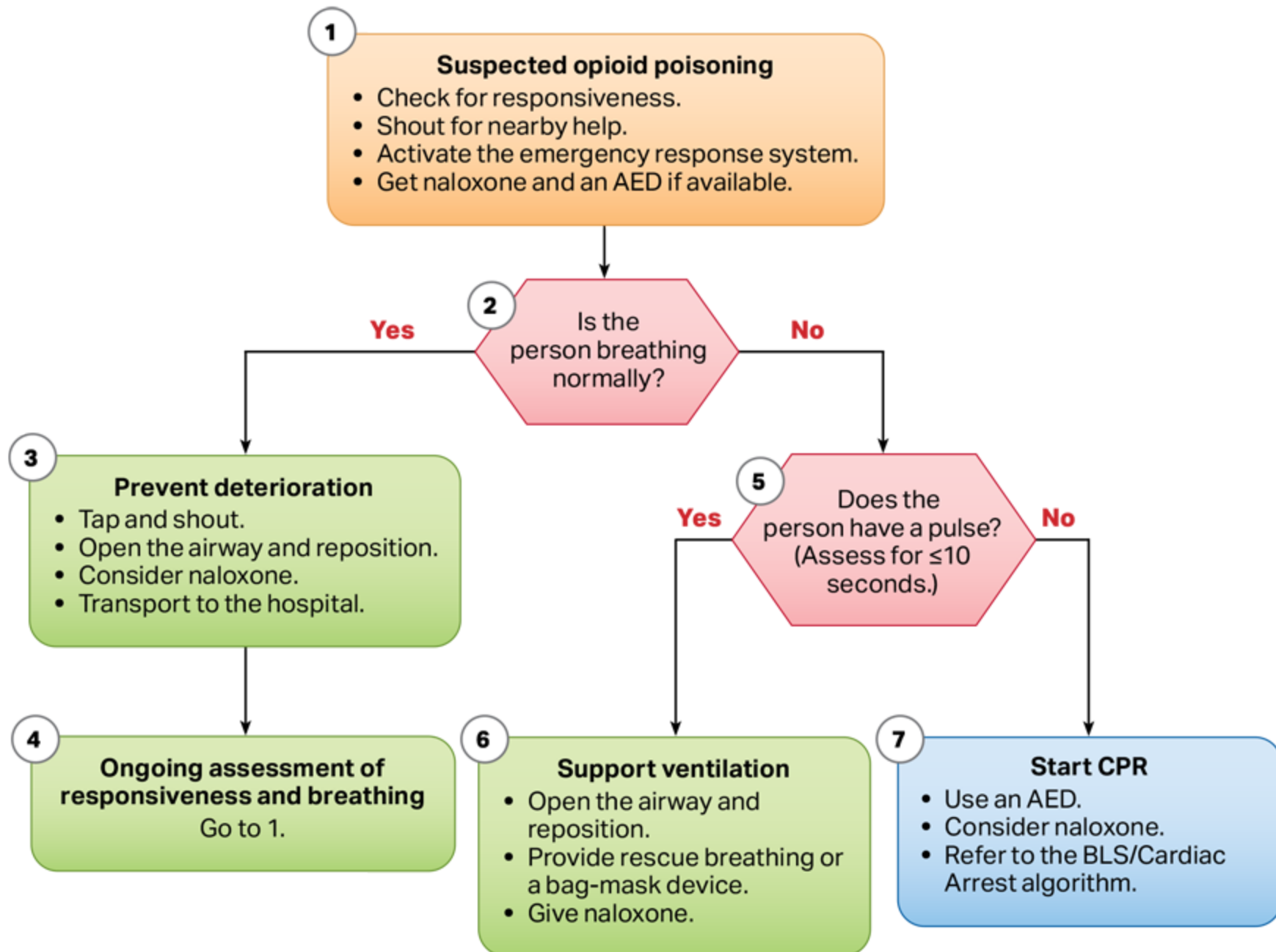
Abbreviations: AED, automated external defibrillator; AP, anteroposterior; CCF, chest compression fraction; CPR, cardiopulmonary resuscitation.

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A central black silhouette of a person with a red heart on the chest is surrounded by five circular icons, each representing a role in a resuscitation team. Red lines connect the central figure to each icon. The roles are:

- AIRWAY**: Represented by a blue circle with a white icon of a person's head and neck, showing an airway device.
- TIMER/RECORDER**: Represented by a grey circle with a white icon of a stopwatch.
- COMPRESSOR**: Represented by a green circle with a white icon of hands performing chest compressions.
- MONITOR/DEFIBRILLATOR/CPR COACH**: Represented by a yellow circle with a white icon of a lightning bolt.
- TEAM LEADER**: Represented by an orange circle with a white icon of a megaphone.
- IV/IO/ MEDICATIONS**: Represented by a light green circle with a white icon of a large 'Rx' symbol.

Below the 'COMPRESSOR' icon, text reads: "Rotate compressor role every 2 minutes". A trail of red footprints leads from the bottom left towards the center.

Compressor

- 
- Monitor/Defibrillator/
CPR Coach**

- ## Airway

- The team owns the code. No team member leaves the triangle except to rotate compressors or to protect his or her safety.**

Team Leader

- R_x** IV/IO/Medication†

- 
- Timer/Recorder**

- Records the time of interventions and medications (and announces when these are next due)
- Records the frequency and duration of interruptions in compressions
- Communicates these to the Team Leader (and the rest of the team)

†Roles and tasks are performed by advanced providers.