



CPR Key Numbers

	ADULT	CHILD Under the age of 1	INFANT From 1 year to puberty
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 of the diameter of chest About 2 inches (5 cm)	At least one third of the 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 thumbs – encircling hands in the center of the chest just below the nipple
Rescue Breathing	1 Breath Every 6 Seconds (10 Breaths per minute)	1 Breath every 3-5 Seconds (12-20 Breaths per minute)	
IMPORTANT TO REMEMBER			
Activation of EMS	If you are alone with no mobile phone, leave the victim to activate the emergency response system and get the AED before beginning CPR	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	
Recognition of cardiac arrest	Check for responsiveness - No breathing or only gasping (no normal breathing) No definite pulse felt within 10 seconds		
Minimizing interruptions	Limit interruptions in chest compressions to less than 10 seconds		