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CPR Key Numbers

	ADULT	CHILD From 1 year to puberty	INFANT Under the age of 1
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 breast-bone (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 line
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 emer-gency 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	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	