

CPR Summary Chart

Step/Action	Adult over 12 years	Child 1 to 12 years	Infant under 1 year
Compressions			
Compression landmarks	In the center of chest		
Compression method Push hard and fast Allow complete recoil	2 hands: Heel of 1 hand, second hand on top	2 hands: Heel of 1 hand with second on top or 1 hand: Heel of 1 hand only	2 fingers
Compression depth	at least 2 inches	about 2 inches	about 1 1/2 inches
Compression rate	at least 100/min		
Compression Ventilation ratio	30:2		
Airway	Head tilt / chin lift		
Breaths Initial	2 breaths at 1 second/breath		
Foreign body airway obstruction	Back blows Abdominal thrusts		Back slaps and chest thrusts
Defibrillation			
AED	Use adult pads. Do not use child pads.	Use after 5 cycles of CPR. Use child pads if available. If not, use adult AED and pads.	