

BLS/CPR Key Numbers

Nationwide Health 954-943-8002

2025 GUIDLINES

<u>Age Range</u>	<u>Compressions To Ventilations</u>	<u>Cycles to Make 2 Minutes of CPR</u>	<u>Compression Depth</u>	<u>Compressions Per Minute</u>	<u>Rescue Breathing</u>	<u>F.B.A.O. Choking</u>	<u>AED</u>
<p><u>Adult</u> Adolescent and older (Ck pulse at carotid)</p>	<p>Heel of 2 hands on lower half of sternum 30:2 (1 or 2 rescuers)</p>	5	At Least 2-2.4 Inches	<p>Assess Pulse Every Two minutes (5 Cycles of CPR) 100-120</p>	<p>10-12 Breaths/ min 1 breath for every 6 seconds</p>	<p>Start with 5 Back Blows then 5 Abdominal Thrusts--</p>	<p>Use appropriate <u>Pads</u> Use AED as soon as available for sudden collapse</p>
<p><u>Child</u> 1 yr-adolescent (Ck pulse at carotid or femoral)</p>	<p>1 or 2 hands on lower half of sternum 30:2 (Single rescuer) ----- HCP-15:2 (2 Rescuers)</p>	5 ----- 10	At Least 2 Inches	<p>Assess Pulse Every 2 minutes (5 Cycles) 100-120</p>	<p>20-30 Breaths/Min 1 Breath every 2-3 seconds</p>	<p>Start with 5 Back Blows Then 5 Abdominal Thrusts</p>	<p>If response > 4 to 5 minutes or arrest not witnessed provide <u>5 cycles/2 minutes of CPR</u></p>
<p><u>Infant</u> <u>Newborn-1 year</u> <u>HCP- Ck pulse at brachial or femoral</u></p>	<p>2 Thumbs or Heel of one Hand 30:2 (Single rescuer) ----- HCP: 15:2 (2 Rescuers)</p>	5 ----- 10	At Least 1½ Inches	<p>Assess Pulse Every 2 minutes (5 Cycles) 100-120</p>	<p>20-30 Breaths/Min 1 Breath every 2-3 seconds</p>	<p>5 Back Slaps 5 Chest Thrust</p>	<p><u>Can now be used</u> For infants less than 1 year of age</p>

