

Summary of High-Quality CPR Components

The American Heart Association's 2020 Guidelines

Component	Adults	Children Age 1 year to Puberty	Infants Birth to 1 year
Scene Safety	Make sure the scene is safe for you and the victim		
Assess	Check for responsiveness No breathing or only gasping No pulse felt in 10 seconds Breathing & Pulse can be checked at same time in less than 10 seconds		
Activate Emergency Response System	If you are alone with no mobile phone, leave the victim to activate the emergency response system and get the AED If you are not alone, send someone to activate the Emergency response system. Begin CPR immediately. Use AED as soon as it arrives.	Witnessed Arrest: If you are alone with no mobile phone, leave the child 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 Unwitnessed Arrest: Give 2 minutes of CPR. Leave the child to activate the emergency response system and get the AED. Return to the child and resume CPR: use the AED as soon as it is available	
Compression – ventilation ratio <u>without advanced airway</u>	1 or 2 Rescuers: 30:2	1 Rescuer 30:2 2 Rescuer 15:2	
Compression ventilation ratio <u>with advanced airway</u>	Continuous compressions: rate of 100-120/minute Adults: Give 1 breath every 6 seconds (10 breaths/minute) Infants & Children: 1 breath every 2-3 seconds (20-30 breaths/minute)		
Compression rate	100 – 120 compressions/minute <i>Compression depth should be no more than 2.4 inches</i>		
Compression depth	At least 2 inches	At least 1/3 depth of chest About 2 inches	At least 1/3 depth of chest About 1 ½ inches
Hand placement	2 hands-on lower half of breastbone	1 or 2 hands on the lower half of the breastbone	1 Rescuer: 2 Finger technique, 2 Thumb-Encircling technique or heel of 1 hand 2 Rescuer: 2 Thumb-Encircling technique Just below the nipple line
Chest recoil	Allow full recoil after each chest compression		
Minimizing interruptions	Keep interruptions in chest compressions to less than 10 seconds		
Rescue breathing	Adults: 1 breath every 6 seconds (10 breaths/minute) Infants & Children: 1 breath every 2-3 seconds (20-30 breaths/minute)		