

CPR Summary of Steps

	Adult	Child	Infant
Age Determination	Puberty & Older	1 year-Puberty	Less than 1 year of age
Scene Safety	If the scene is unsafe or at anytime becomes unsafe, GET Out!	If the scene is unsafe or at anytime becomes unsafe, GET Out!	If the scene is unsafe or at anytime becomes unsafe, GET Out!
Response?	Tap shoulder, shout name	Tap shoulder, shout name	Tap foot, shout out
Activate EMS Get AED	Send a bystander. When alone do it yourself.	Send a bystander. When alone perform about 2 minutes of CPR before doing it yourself	Send a bystander. When alone, perform about 2 minutes of CPR before doing it yourself.
Breathing?	Look at face and chest for no breathing or only gasping.	Look at face and chest for no breathing or only gasping.	Look at face and chest for no breathing or only gasping.
Normal Breathing Present?	Place person in recovery position and monitor breathing	Place child in recovery position and monitor breathing	Place child in recovery position and monitor breathing
Normal Breathing Absent?	Perform CPR starting with compressions. Provide continuous cycles of 30 compressions and 2 rescue breaths	Perform CPR starting with compressions. Provide continuous cycles of 30 compressions and 2 rescue breaths	Perform CPR starting with compressions. Provide continuous cycles of 30 compressions and 2 rescue breaths
Compressions	<ul style="list-style-type: none"> • Two hands on center of chest • At least 2 inches in depth • Rate of at least 100 times a minute • Hard, fast, full rebound, minimize interruption. 	<ul style="list-style-type: none"> • 1 or 2 hands on lower half of breastbone • At least ½ diameter of chest or about 2 inches in depth • Rate of at least 100 times a minute • Hard, fast, full rebound, minimize interruption. 	<ul style="list-style-type: none"> • Two fingers on lower half of breastbone just below nipple line • At least ½ diameter of chest or about 1½ inches in depth • Rate of at least 100 times a minute • Hard, fast, full rebound, minimize interruption.
Rescue Breaths	<ul style="list-style-type: none"> • Tilt head, lift chin to open airway first • 1 second in length • Make chest visibly rise but no more 	<ul style="list-style-type: none"> • Tilt head, lift chin to open airway first • 1 second in length • Make chest visibly rise but no more 	<ul style="list-style-type: none"> • Tilt head, lift chin to open airway first • 1 second in length • Make chest visibly rise but no more
Defibrillation with AED	<ul style="list-style-type: none"> • Turn on power • Attach pads • If indicated, give shock • Immediately resume CPR • Follow voice instructions 	<ul style="list-style-type: none"> • Use pediatric system, if not use AED for adult • Turn on power • Attach pads • If indicated, deliver shock • Immediately resume CPR • Follow voice instructions 	<ul style="list-style-type: none"> • Use pediatric system, if not use AED for adult • Turn on power • Attach pads • If indicated, deliver shock • Immediately resume CPR • Follow voice instructions