



## Heartsaver Steps of CPR for Adults, Children, and Infants

Component	Recommendations	
	Adults Over 8 years of age	Children 1 year to 8 years of age
Recognition	Unresponsive (for all ages)	
	No breathing or no normal breathing (ie, only gasping)	No breathing or only gasping
	Activate 911 and get the AED or send second rescuer (if available) to do this	
CPR sequence	C-A-B Chest compressions, Airway, Breathing	
Compression rate	At least 100 to 120/min on the lower half of the breastbone	
Compression depth	At least 2 to 2.4 inches (5 cm)	At least 1/3 AP diameter About 2 inches (5 cm)
Chest wall recoil	Allow complete recoil between compressions	
Compression interruptions	Minimize interruptions in chest compressions Attempt to limit interruptions to less than 10 seconds	
Airway	Head tilt–chin lift	
Compression-to-ventilation ratio	30:2 Single rescuer	30:2 Single rescuer
Ventilations: when rescuer untrained	Compressions only	
Defibrillation	Attach and use AED as soon as available. Minimize interruptions in chest compressions before and after shock; resume CPR beginning with compressions immediately after each shock.	

### Adult CPR AED and Choking PHONE

- What should you do if you tap and shout and the adult doesn't respond? Phone, or have someone else phone, the emergency response number (911) and get an AED if available.
- When you phone your emergency response number (or 911), you should answer all the dispatcher's questions.
- The chance of saving the life of a victim of cardiac arrest is best when you start early CPR combined with the use of an AED within a few minutes.

### BREATHS

- To open the airway, you should tilt the head back and lift the chin.
- When giving breaths, you can tell enough air is going in if you see the chest rise.
- If an adult's chest doesn't rise when you give a breath, open the airway again and then give another breath.
- If an adult's chest doesn't rise when you give a breath, open the airway again and then give another breath.
- If you are giving breaths with a mask, you should make an airtight seal between the person's face and the mask.



## CPR

- What is the *most* important part of providing CPR is pushing hard and fast.
- Push straight down at least 2 inches and at a rate of at least 100 to 120 compressions per minute.
- When giving CPR to an adult, you should give sets of 30 compressions and 2 breaths.
- When giving CPR you should switch with another rescuer about every 2 minutes if possible to avoid fatigue.
- You found a co-worker on the floor who was not responding and was not breathing. You made sure the scene was safe and send for help and an AED. What should you do next? Begin CPR with 30 compressions and 2 breaths.
- If someone isn't breathing or is only gasping and isn't responding, your best chance to save that person's life is to start CPR and use an AED.
- Compressions for an adult cardiac arrest victim are most effective when you push at a rate of at least 100 to 120 compressions per minute at a depth of at least 2 inches, and no more than 2.4 inches.
- There are only a few reasons to stop or interrupt compressions. Which of the following is *not* a reason to stop or interrupt compressions? You think you aren't doing compressions correctly.

## AED

- The chance of saving the life of a victim of cardiac arrest is best when you start early CPR combined with the use of an AED within a few minutes.
- If an adult doesn't respond and isn't breathing or is only gasping, you should use an AED as soon as the AED arrives.
- If someone isn't breathing or is only gasping and isn't responding, your best chance to save that person's life is to yell for help, start CPR, and use an AED if available.
- Once you've started giving compressions and breaths, you should keep going until the AED arrives, the person responds, or someone with more advanced training takes over.
- You are giving sets of 30 compressions and 2 breaths. A bystander arrives with an AED. What should you do next? You should use the AED as soon as the AED arrives
- The 2 steps for using an AED are 1.) turn it on and 2.) follow the prompts you see and hear.
- AED pad placement will be shown on the pad or pad package.

## CHOKING

- Cannot breathe or talk are signs of severe choking?

## Child CPR AED and Choking

- If a child who is choking cannot make a sound or breathe, or has a cough with no sound, you should begin the steps to help the choking child.
- When giving compressions to a child who needs CPR, push down on the chest about 2 inches.
- You are doing CPR on a child when someone else arrives with the AED. The AED doesn't have child pads. You should use the adult pads, making sure they do not touch each other.
- CPR on children is often not performed correctly because the rescuer does not push hard enough.
- One difference between adult and child CPR is that in child CPR, you may give compressions with 1 hand.

## Infant CPR and Choking

- To check for a response from an infant, the rescuer should tap the infant's foot and shout the infant's name.
- An infant is not responding to the tap and shout if the infant does nothing.
- When opening an infant's airway, tilt the infant's head by pushing back on the forehead and placing your fingers on the bony part of the chin and lift.
- If a choking infant is coughing loudly, you should stand by and let the infant keep coughing.
- If an infant who is choking cannot make a sound or breathe, or has a cough with no sound, you should begin the steps to help the choking infant – five (5) back slaps and five (5) chest thrusts.
- If you are performing CPR on an infant who is not injured and you are alone, after 5 sets of compressions and 2 breaths, you may carry the infant with you to phone 911.
- When giving compressions on an infant, the rescuer should use two fingers to push straight down about 1½ inches at a rate of at least 100 to 120 compressions per minute.

The American Heart Association strongly promotes knowledge and proficiency in all AHA courses and has developed instructional materials for this purpose. Use of these materials in an educational course does not represent course sponsorship by the AHA. Any fees charged for such a course, except for a portion of fees needed for AHA course materials, do not represent income to the AHA.