

Healthcare Provider Summary of Steps of CPR for Adults, Children, and Infants

CPR	Adult and Older Child (puberty and older)	Child (1 year old to puberty)	Infant (Less than 1 year old)
Establish that the victim does not respond Activate your emergency response system	Activate your emergency response system as soon as the victim is found	Activate your emergency response system after giving 5 cycles of CPR	
Open the airway Use head tilt–chin lift.	Head tilt–chin lift (suspected trauma: jaw thrust)		
Check breathing If the victim is not breathing, give 2 breaths that make the chest rise	Open the airway, look, listen, and feel Take at least 5 seconds and no more than 10 seconds		
First 2 breaths	Give 2 breaths (1 second each)		
Check pulse At least 5 seconds and no more than 10 seconds	Carotid pulse (if no pulse, start CPR)	Carotid pulse (if no pulse or pulse is <60 bpm with signs of poor perfusion, start CPR)	Brachial pulse (if no pulse or pulse is <60 bpm with signs of poor perfusion, start CPR)
Start CPR			
• Compression location	Center of breastbone between nipples		Just below nipple line on breastbone
• Compression method	Heel of 1 hand, other hand on top (or 1 hand for small victims)		2 fingers (2 thumb–encircling hands for 2-rescuer CPR)
• Compression depth	1½ to 2 inches	⅓ to ½ depth of chest	
• Compression rate	100 per minute		
• Compression-ventilation ratio	30:2 (1- or 2-rescuer CPR)	30:2 for 1-rescuer CPR (15:2 for 2-rescuer CPR)	