

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)
<p>Establish that the victim does not respond</p> <p>Activate your emergency response system.</p>	<p>Activate your emergency response system as soon as the victim is found.</p>	<p>Activate your emergency response system after giving 5 cycles of CPR.</p>	
<p>Open the airway</p> <p>Use head tilt–chin lift.</p>	<p>Head tilt–chin lift (Suspected trauma: jaw thrust)</p>		
<p>Check breathing</p> <p>If the victim is not breathing, give 2 breaths that make the chest rise.</p>	<p>Open the airway, look, listen, and feel.</p> <p>Take at least 5 seconds and no more than 10 seconds.</p>		
<p>First 2 breaths</p>	<p>Give 2 breaths (1 second each)</p>		
<p>Check pulse</p> <p>At least 5 seconds and no more than 10 seconds.</p>	<p>Carotid pulse (if no pulse, start CPR)</p>	<p>Carotid pulse (if no pulse or pulse is <60 bpm with signs of poor perfusion, start CPR)</p>	<p>Brachial pulse (if no pulse or pulse is <60 bpm with signs of poor perfusion, start CPR)</p>
<p>Start CPR</p>			
<ul style="list-style-type: none"> • Compression location 	<p>Center of breastbone between nipples</p>		<p>Just below nipple line on breastbone</p>
<ul style="list-style-type: none"> • Compression method 	<p>Heel of 1 hand, other hand on top (or 1 hand for small victims)</p>		<p>2 fingers (2 thumb–encircling hands for 2-rescuer CPR)</p>
<ul style="list-style-type: none"> • Compression depth 	<p>1½ to 2 inches</p>	<p>⅓ to ½ depth of chest</p>	
<ul style="list-style-type: none"> • Compression rate 	<p>100 per minute</p>		
<ul style="list-style-type: none"> • Compression-ventilation ratio 	<p>30:2 (1- or 2-rescuer CPR)</p>	<p>30:2 for 1-rescuer CPR (15:2 for 2-rescuer CPR)</p>	