

Heartsaver CPR AED

Summary of High-Quality CPR Components

Component	Adults and Adolescents	Children (Age 1 Year to Puberty)	Infants (Age Less Than 1 Year, Excluding Newborns)
Make sure the scene is safe	Make sure the scene is safe for you and the person needing help		
Tap and shout (check for responsiveness)	Check to see if person is responsive or unresponsive If unresponsive, go to next step		
Shout for help			
Check for breathing	<p>If breathing normally, stay with the person until advanced help arrives</p> <p>If <i>not</i> breathing normally or only gasping, begin CPR and use an AED</p>	<p>If breathing, stay with the child or infant until advanced help arrives</p> <p>If <i>not</i> breathing or only gasping, begin CPR and use the AED</p>	
Begin CPR, phone 9-1-1, and get an AED	<p>Phone or send someone to phone 9-1-1 and get an AED while you begin CPR</p> <p>If you are alone and have a phone, put it on speaker mode and phone 9-1-1 while you begin CPR</p>	<p>Phone or send someone to phone 9-1-1 and get an AED</p> <p>If you are alone and have a phone, put it on speaker mode and phone 9-1-1 while you begin CPR</p> <p>If you are alone and do not have a phone, give 5 sets of 30 compressions and 2 breaths. Then go phone 9-1-1 and get an AED. Return and continue CPR.</p>	
Compressions and breaths	30 compressions to 2 breaths		
Compression rate	Push on the chest at a rate of 100 to 120 compressions per minute		
Compression depth	At least 2 inches	At least one third the depth of the chest, or about 2 inches	At least one third the depth of the chest, or about 1½ inches
Hand placement	2 hands on the lower half of the breastbone	2 hands or 1 hand (optional for very small child) on the lower half of the breastbone	2 fingers in the center of the chest, just below the nipple line
Let the chest come back up	Let the chest come back up to its normal position after each compression		
Interruptions in compressions	Try not to interrupt compressions for more than 10 seconds		