

Summary of Key BLS Components for Adults, Children and Infants*.

Recommendations			
Component	Adult	Children	Infant
Recognition	Unresponsive(for all ages)		
	No breathing or no normal breathing (only gasping)	No breathing or only gasping	
	No pulse palpated within 10 seconds for all ages(HCPonly)		
CPR Sequence	C-A-B		
Compression Rate	At least 100 / minute		
Compression Depth	At least 2 inches(5cm)	At least 1/2 AP Diameter. About 2 inches(5cm)	At least 1/2 AP Diameter. About 1 1/2 inches(4cm)
Chest Wall Recoil	Allow complete wall recoil between compressions.		
	HCP rotate compressors every 2 minutes.		
Compressor Interruptions	Minimize interruptions in chest compressions.		
	Attempt to limit interruptions to < 10 seconds		
Airway	Head tilt-chin lift (HCP suspected trauma jaw thrust)		
Compression to Ventilations ratio (until advanced airway placed)	30:2 1 or 2 rescuers	30:2 Single Rescuer 15:2 Two HCP Rescuers	
Ventilations: when rescuer untrained or trained and not proficient	Compressions Only		
Ventilations with advanced airway (HCP)	1 breath every 6-8 seconds (8-10 breaths / minute) Asynchronous with chest compressions. About 1 second per breath Visible chest rise		
Defibrillation	Attach and use AED as soon as possible. Minimize interruptions in chest compressions before and after shock; resume CPR beginning with compressions immediately after each shock.		

Abbreviations: AED automated external defibrillator; AP anterior-posterior; CPR cardiopulmonary resuscitation; HCP Healthcare provider

* Excluding the newborn, in whom the etiology of an arrest is nearly always asphyxial.