



Component	RECOMMENDATIONS		
	Adults	Children	Infants
Recognition	Unresponsive (for all ages)		
	No breathing or no normal breathing (ie, only gasping)		
	No pulse felt within 10 seconds		
CPR Sequence	Chest compression, Airway, Breathing (CAB)		
Compression Rate	At least 100/minute		
Compression Depth	At Least 2 inches (5cm)	At least 1/3 AP diameter About 2 inches (5cm)	At least 1/3 AP diameter About 1 1/2 inches (4cm)
Chest Wall Recoil	Allow complete recoil between compressions. Rotate compressors every 2 minutes		
Compression Interruptions	Minimize interruptions in chest compressions Attempt to limit interruption to < 10 seconds		
Airway	Head tilt-chin lift (suspected trauma: jaw thrust)		
Compression-Ventilation Ratio (until advanced airway placed)	30:2 1 or 2 rescuers (5 cycles or every 2 minutes)	30:2 Single rescuer 15:2 2 rescuers	
Ventilation with advanced airway	1 breath every 6-8 seconds (8-10 breaths/minutes) Asynchronous with chest compressions. About 1 second per breath. Visible chest rise		
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.		

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

C. Compression: begin CPR with 30 chest compressions. (If 2 rescuers for infant or child, provide 15 compressions)

A. Open airway: after chest compressions, open the airway with a head tilt-chin lift or jaw thrust.

B. Breathing: give 2 breaths that make the chest rise. Release completely; allow for exhalation between breaths. After 2 breaths, immediately resume chest compressions. Give each breath over 1 second.