

C-A-B of CPR for Adults, Children, and Infants*

Component	Recommendations		
	Adults	Children	Infant
Recognition	Unresponsive (for all ages)		
	Check for responsiveness and breathing simultaneously		
	No breathing or no normal breathing (ie, only gasping)	No breathing or only gasping	
	Activate 911 and get the AED or send second rescuer (if available) to do this		
	Check a pulse for no more than 10 seconds		
CPR sequence	C-A-B Chest compressions, Airway, Breathing		
Compression rate	At least 100/min on the lower half of the breastbone		
Compression depth	At least 2 inches (5 cm)	At least 1/3 AP diameter About 2 inches (5 cm)	At least 1/3 AP diameter About 1½ or 1.5 inches (4 cm)
Chest wall recoil	Allow complete recoil between compressions Rotate compressors every 2 minutes to reduce fatigue during CPR		
Compression interruptions	Minimize interruptions in chest compressions Attempt to limit interruptions to <10 seconds		
Airway	Head tilt–chin lift (suspected trauma: jaw thrust). Avoid excessive ventilation.		
Compression–ventilation ratio	30:2 Single rescuer or 2-rescuers	30:2 Single rescuer 15:2 Two rescuers	
Ventilations with advanced airway	1 breath every 6–8 seconds (8–10 breaths/min) Asynchronous with chest compressions (at least 100/min) About 1 second per breath with 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.

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

BLS for Healthcare Providers Critical Concepts

High-quality CPR improves a victim's chances of survival. The critical characteristics of high-quality CPR include:

- **Start compressions within 10 seconds** of recognition of cardiac arrest. It is important to compress to the appropriate depth to create blood flow. Compressions are important because they pump blood to the rest of the body.
- **Push hard, push fast:** Compress at a rate of at least 100/min with a depth of at least 2 inches (5cm) for adults, approximately 2 inches (5cm) for children, and approximately 1½ or 1.5 inches (4cm) for infants.
- **Allow complete chest recoil** after each compression. Complete chest recoil contributes to effective CPR by allowing the heart to refill with blood between compressions.
- **Minimize interruptions** in compressions (try to limit interruptions to < 10 seconds).
- **Give effective breaths** that make the chest rise.
- **Avoid excessive ventilation.**

Automated External Defibrillator-AED

- As soon as an AED becomes available, the first step the rescuer should perform is to turn on the AED.
- After the AED delivers a shock, the rescuer should immediately restart CPR, beginning with chest compressions.
- Using an AED for a child less than 8 years of age, adult pads/dose may be used if pediatric pads/dose attenuator are not available.

Bls Study Guide

Barbara Aehlert



Bls Study Guide:

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