

Summary of Lay Rescuer CPR for Adults, Children and Infants

American Heart Association 2015 Guidelines

Step/Action	Adult: Puberty & older	Child: 1 yrs to Puberty	Infant: 0-1 yrs
Make sure the scene is safe for you to help			
Responsiveness	Shake and shout at victim “Are you OK” / Check for normal breathing		
Activate 911	If alone, you call. If others there, have them call 911 immediately. Activate company emergency response team FIRST then 911!	If alone, do 5 cycles (2 minutes) of 30 compressions and 2 breaths before you go call 911. If others there, have them call 911 immediately.	
Position	If victim unresponsive and you are unable to tell if they are breathing, position victim on their back.		
CLEAR THE CHEST AND BEGIN CHEST COMPRESSIONS			
Compression landmarks	In the center of the chest, on the lower half of the breast bone		Just below the nipple line
Compression method: Push hard and fast Allow complete recoil	2 hands: Heel of 1 hand on the lower half of the breast bone with the second hand on top	2 hands: Heel of 1 hand the lower half of the breast bone, second hand on top 1 Hand: Heel of 1 hand only	2 fingers just below the nipple line
Compression Depth	At least 2 inches	At least 2 inches	1 1/2 inches
Compression Rate	At least 100 compressions per minute – but no more than 120		
Compression-ventilation ratio	30 compressions to 2 breaths 5 sets every 2 minutes		
Defibrillation			
AED	Use adult pad. Do not use child pads/child system	Use child pads/system for child 1 to 8 years if available. If not, use adult AED and pads	

Foreign-body Airway Obstruction or Choking Management			
Foreign-body airway obstruction (choking) - Conscious	Abdominal Thrusts Or Chest Thrust	Abdominal Thrusts Or Chest Thrust	Back slaps and chest thrusts