# Summary of Basic Life Support
American Heart Association 2020 Guidelines

<table>
<thead>
<tr>
<th>Step/Action</th>
<th>Adult: Puberty &amp; older</th>
<th>Child: Age 1yr to Puberty</th>
<th>Infant: Age less than 1 year</th>
</tr>
</thead>
</table>

## Verify Scene Safety – Make sure your environment is safe for rescuers & the victim

<table>
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<tr>
<th>Check Responsiveness</th>
<th>Tap and shout at victim “Are you okay!”</th>
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### Pulse & Breathing

- **Simultaneously check for normal breathing (no breathing or only gasping) and feel for a definite pulse within 5-10 seconds**

## Activate 911

### If a mobile device is available, phone emergency services (9-1-1)

- **Witnessed collapse:** Follow steps for adults and adolescents on the left
- **Unwitnessed collapse:**
  - Give 2 minutes of CPR
  - Then leave the victim to activate the emergency response system & get the AED
  - Return to the child or infant and resume CPR; use the AED as soon as it is available

## Position

- If victim is unresponsive and not breathing, position victim on their back on a firm flat surface.

# CLEAR THE CHEST AND BEGIN CHEST COMPRESSIONS

### Hand Placement

- **1 rescuer**
  - 2 fingers or 2 thumbs in the center of the chest, just below the nipple line
- **2 or more rescuers**
  - 2 thumb-encircling hands in the center of the chest, just below the nipple line
  - May use heel of one hand if rescuer cannot achieve recommended depth

### Compression Depth

- At least 2 inches (5cm)
- ½ diameter of chest; about 2 inches
- ½ diameter of chest; about 1 ½ inches

### Compression Rate

- 100-120 per minute

### Chest Recoil

- Allow complete recoil of chest after each compression; do not lean on the chest after each compression

### Minimizing interruptions

- Limit interruptions in chest compressions to less than 10 seconds with a CCF goal of 80%

### Compression-ventilation ratio

#### Without advanced airway:

- 1 or 2 rescuers: 30:2
- With advanced airway:
  - Continuous compressions
  - 1 breath every 6 seconds (10 breaths/min)

#### With advanced airway:

- Continuous compressions
  - 1 breath every 2-3 seconds (20-30 breaths/min)

### 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 pads
- Use pediatric pads/pediatric does attenuator for infants if available. If not, use adult pads