A B C D’s of CPR:
Airway, Breathing, Circulation and Defibrillation.

Age definitions:
Infant: birth to 1 year
Child: 1 year to puberty.
Adult: over 8 years old

Compression depth for both 1 and 2 person CPR
Infant & Child - Infant 1/3 to 1/2 the depth of the chest.
Adult – 1.5 - 2 inches.

Compression rate for both 1 and 2 person CPR
Adult, child & Infant - 100 compressions per minute.

Compression ratio:
1&2 person Adult, 1 person child and Infant –
30 compressions and 2 breaths.
Child & Infant, 2 person - 15 compressions and 2 breath

Number of cycles to get to the first minute of CPR:
Adult, Infant and child - 5 cycles.
Approximately 2 minutes

Adequate Heart Circulation Assessment:
Do a pulse check for 10 seconds. Also look for apparent signs of breathing and look for movement.

Pulse check:
Infant - brachial artery (inside upper arm).
Adult and Child - carotid artery (at the neck).

Rescue breathing:
Infant and Child - 1 breath every 3 sec. (20 per min.).
Adult - 1 breath every 5 sec. (12 per min.)
Duration - 1 1/2 to 2 seconds each.

Hand placement for compressions; adult: Place the heel of your hands on the chest right between the nipples with your arms directly over the center of the chest. The heart is right under the heel of your hands. On some people you may have to do this differently. First locate the zyphoid. Place your ring finger on the zyphoid with your hand flat. Then place the heel of your other hand next to the fingers marking the zyphoid. The heel of your hand should now be on the lower half of the sternum in the center of the chest. The other hand is then placed over this hand and your arms should be directly over the center of the chest.

Hand placement for compressions; child: First visualize an imaginary line between the child’s nipples. Then place the heel of one hand on the chest one finger’s width below the imaginary nipple line. Your hand is on the lower half of the sternum in the center of the chest, directly over the child’s heart. On a larger child, place your free hand over the placed hand and lace your fingers. On a smaller child, the other hand is placed on the child’s forehead and positions the head so the airway is open.

Hand placement for compressions; infant: Place two fingers on the chest just below an imaginary line between the nipples. The fingers are on the sternum in the center of the chest. The other hand is placed just above the infant’s forehead and positions the head so the airway is open.

Heartbeat Check and, “Looking for other signs of life.” It is OK to briefly place your ear tightly against a victim’s chest and listen for a heartbeat. Also be sure to look for other signs of life such as coughing, breathing and motion. A hard rock rule of thumb: If they are breathing, their heart is going. If they are not breathing, their heart is not going.

Be really sure... The most common reason a child or infant’s heart stops is because a foreign object (Airway Obstruction) stopped the breathing. It is more difficult to determine an open airway on a child and an infant because their airway is smaller than an adult. Be really sure the initial rescue breaths are delivered slowly and steady - too hard and too fast usually puts the air into the stomach. It is OK to place your hand on the child or infant’s chest to feel for movement as you do the rescue breaths or check for breathi