

Summary of BLS Maneuvers for Adults, Children, and Infants

Component	Recommendations		
	Adults	Children	Infants
Recognition	Unresponsive (for all ages)		
	No breathing or no normal breathing (ie, only gasping)	No breathing or only gasping	
	No pulse palpated within 10 seconds		
CPR Sequence	C-A-B		
Compression Rate	At least 100/min		
Compression Depth	At least 2 inches (5 cm)	At least 1/2 AP diameter About 2 inches (5 cm)	At least 1/2 AP diameter About 1 1/2 inches (4 cm)
Chest Wall Recoil	Allow complete recoil between compressions Rotate compressors every 2 minutes		

Compression Interruptions	Minimize interruptions in chest compressions Attempt to limit interruptions to <10 seconds		
Airway	Head tilt–chin lift (suspected trauma: jaw thrust)		
Compression-to-Ventilation Ratio (until advanced airway placed)	30:2 1 or 2 rescuers	30:2 Single rescuer 15:2 2 rescuers	
Ventilations With Advanced Airway	1 breath every 6-8 seconds (8-10 breaths/min) 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.