

TABLE 1. Summary of Lay Rescuer CPR for Adults, Children, and Infants

(Newborn/Neonatal information not included)

Step/Action	Adult: 8 years and older	Child: 1 to 8 years	Infant: Under 1 year
Airway	Head tilt–chin lift		
Breaths Initial	2 breaths at 1 second/breath		
Foreign-body airway obstruction	Abdominal thrust		Back slaps and chest thrusts
Compressions			
Compression landmarks	In the center of the chest, between nipples		Just below nipple line
Compression method Push hard and fast Allow complete recoil	2 Hands: Heel of 1 hand, second hand on top	2 Hands: Heel of 1 hand with second on top or 1 Hand: Heel of 1 hand only	2 fingers
Compression depth	1½ to 2 inches	About 1/3 to 1/2 the depth of the chest	
Compression rate	About 100/min		
Compression-ventilation ratio	30:2		
Defibrillation			
AED	Use adult pads. Do not use child pads/child system.	Use after 5 cycles of CPR. Use child pads/system for child 1 to 8 years if available. If not, use adult AED and pads.	No recommendation for infants <1 year of age