

## CPR STUDY GUIDE

	<b>Adults</b>	<b>Children</b>	<b>Infants</b>
	Unresponsive		
	No breathing or no normal breathing	No breathing or only gasping	
<b>Check</b>	Pulse check (10 seconds), none found		
<b>Sequence</b>	Chest compressions, Airway, Breathing (C-A-B)		
<b>Rate</b>	At least 100 compressions / minute		
<b>Depth</b>	At least 2 inches	At least 1/3 anterior-posterior - 2 inches	At least 1/3 anterior-posterior - 1 ½ inches
<b>Recoil</b>	Allow complete recoil between compressions. Rotate compressors every 2 minutes.		
<b>Interruptions</b>	Minimize interruptions to < 10 seconds.		
<b>Airway</b>	Head tilt-chin lift (if trauma suspected - jaw thrust maneuver)		
<b>Ratio</b>	30:2 1 or 2 rescuers	30:2 Single rescuer  15:2 2 rescuers	
<b>Ventilations with advanced airway</b>	1 breath every 6-8 seconds (rate, 8-10 breaths/min)  1 second per breath visible chest rise		
<b>Defibrillation</b>	Use AED as soon as possible. Resume CPR beginning with compressions after each shock.		