



CPR REFERENCE CHART

Cardiopulmonary resuscitation (CPR) is a lifesaving technique that is useful when helping someone who may have had a heart attack or stopped breathing. The American Heart Association recommends that everyone — untrained bystanders and medical personnel alike, begin CPR. It is far better to do something than to do nothing at all. Remember, the difference between your doing something and doing nothing could be someone's life.

TASK	ADULT	CHILD	INFANT
Responsiveness Check	Perform sternal rub/tap tops of shoulders	Perform sternal rub/tap tops of shoulders	By patting the victim's feet and chest
Dial 911	Immediately if victim is unresponsive	After 5 cycles of CPR or about 2 minutes	After 5 cycles of CPR or about 2 minutes
Pulse Location 10-second check	Carotid Artery	Carotid or Femoral Artery	Brachial Artery
Compressions	2 hands; 2 inches At least 100 compressions per minute	2 hands; 2 inches At least 100 compressions per minute	2 fingers; 1 1/2 inches At least 100 compressions per minute
Airway	Head tilt / Chin lift technique	Head tilt / Chin lift technique	Head tilt / Chin lift technique
Breathing	1 breath every 5 - 6 seconds (10-12 breaths per minute)	1 breath every 3 - 5 seconds (12-20 breaths per minute)	1 breath every 3 - 5 seconds (12-20 breaths per minute)