

# Summary of High-Quality CPR Components

*The American Heart Association's 2025 Guidelines*

Component	Adults	Children Age 1 year to Puberty	Infants Birth to 1 year		
<b>Scene Safety</b>	Make sure the scene is safe for you and the victim				
<b>Assess</b>	Check for responsiveness No breathing or only gasping No pulse felt in 10 seconds Breathing & Pulse can be checked at same time in less than 10 seconds				
<b>Activate Emergency Response System</b>	If you are alone with no mobile phone, leave the victim to activate the emergency response system and get the AED If you are not alone, send someone to activate the Emergency response system. Begin CPR immediately. Use AED as soon as it arrives.	<b>Witnessed Arrest:</b> If you are alone with no mobile phone, leave the child to activate the emergency response system and get the AED before beginning CPR. Otherwise, send someone and begin CPR immediately: use the AED as soon as it is available  <b>Unwitnessed Arrest:</b> Give 2 minutes of CPR Leave the child to activate the emergency response system and get the AED Return to the child and resume CPR: use the AED as soon as it is available			
<b>Compression – ventilation ratio <u>without</u> advanced airway</b>	<b>1 or 2 Rescuers:</b> 30:2	<b>1 Rescuer</b> 30:2 <b>2 Rescuer</b> 15:2			
<b>Compression ventilation ratio <u>with</u> advanced airway</b>	Continuous compressions: rate of 100-120/minute Adults: Give 1 breath every 6 seconds (10 breaths/minute) Infants & Children: 1 breath every 2-3 seconds (20-30 breaths/minute)				
<b>Compression rate</b>	100 – 120 compressions/minute <i>Compression depth should be no more than 2.4 inches</i>				
<b>Compression depth</b>	<b>At least 2 inches</b>	At least 1/3 depth of the chest, about <b>2 inches</b>	At least 1/3 depth of chest <b>About 1 ½ inches</b>		
<b>Hand placement</b>	2 hands-on lower half of breastbone	1 or 2 hands on the lower half of the breastbone	<b>1 or 2 Rescuer:</b> Heel of 1 hand or the 2 Thumb-Encircling hands technique. <b>Heel of 1 hand:</b> Place the heel of one hand on the sternum, just below the nipple line <b>2 Thumb-Encircling technique:</b> Place both thumbs side by side in the center of the infant's chest on the lower half of the sternum		
<b>Chest recoil</b>	Allow full recoil after each chest compression				
<b>Minimizing interruptions</b>	Keep interruptions in chest compressions to less than 10 seconds				