

2006 CPR Reference Guide

	ADULT (over age 8)	CHILD (ages 1-8)	INFANT (age 1month to 1 year)	NEWBORN (age 0 to 30 days)
Rescue Breathing- give 1 breath every:	5-6 seconds (10-12 per minute)	3-5 seconds (12-20 per minute)	3-5 seconds (12-20 per minute)	1-1.5 seconds (40-60 per minute)
? No pulse, locate compression landmark:	trace ribs into notch, one finger on sternum	Center of chest, between nipple line; or same as adult	just below the nipple line	just below the nipple line
Compressions performed with:	2 Hands: Heel of one hand, other hand on top	2 Hands: Heel of one hand, other hand on top or 1 Hand: Heel of ONE hand only	1 rescuer: 2 fingers on sternum 2 rescuers: 2 thumbs and encircling hands technique	1 rescuer: 2 fingers on sternum 2 rescuers: 2 thumbs and encircling hands technique
Rates of compressions per minute	100	100	100	120
Compression Depth	1.5 – 2”	Approximately 1/3 to 1/2 the depth of the chest	Approximately 1/3 to 1/2 the depth of the chest	Approximately 1/3 to 1/2 the depth of the chest
Ratio of Compression to Breaths:				
1 Rescuer	30:2	30:2	30:2	3:1
2 Rescuer	30:2	15:2	15:2	3:1

* Health Care Providers

? If pulse is less than 60 in a child (or infant) AND has signs of poor perfusion despite being adequately ventilated for 15 – 30 seconds, start compressions. Signs of poor perfusion include: unresponsive, limp, pale, blue, mottled, delayed capillary refill.

or approximately one-third to one-half the depth of the chest.