

Heartsaver CPR AED

Summary of High-Quality CPR Components

Component	Adults (puberty and beyond)	Children (1 year of age to puberty)	Infants (younger than 1 year, excluding newborns)
Check that the scene is safe	Make sure the scene is safe for you and the person needing help.		
Check for responsiveness	Tap their shoulders and shout, “Hey! Are you Ok?”		Tap their foot and shout, “Hey! Are you Ok?”
Shout for help, call 911, and get an AED	Shout for help. When help arrives, have them call 911 and get an AED. If no one is around to help and you have a phone, call 911 on speakerphone.		
	If you’re alone and don’t have a phone, leave the victim to call 911 and get an AED before beginning CPR.	If you’re alone and don’t have a phone, give 5 cycles of 30 compressions and 2 breaths before you leave to call 911 and get an AED.	
Check breathing	Scan the person’s chest for at least 5 but no more than 10 seconds.		
Start CPR	If the person is not breathing normally or only gasping, start CPR.		
Compressions and breaths	30 compressions to 2 breaths		
Compression rate	Push on the chest at a rate of 100 to 120 compressions per minute.		
Compression depth	At least 2 inches	About 2 inches, or at least one third the depth of the chest	About 1 ½ inches, or at least one third the depth of the chest
Hand placement	2 hands on the lower half of the breastbone	2 hands (larger child) or 1 hand (smaller child) on the lower half of the breastbone	2 thumbs-encircling hands or heel of 1 hand on the center of the chest, just below the nipple line
Chest recoil	Let the chest come back up to its normal position after each compression.		
Don’t stop	Never interrupt chest compressions for more than 10 seconds.		
Use the AED	Use the AED as soon as it’s available. Turn it on and follow the prompts.		