2025 BLS Science Summary Table

This table compares topics from 2020 with 2025, providing a quick reference to what has changed and what is new in the science of basic life support.

BLS topic	2020	2025
Chain of Survival	A sixth link, Recovery, was added to the adult and pediatric IHCA and OHCA Chains of Survival.	A single Chain of Survival is intended to apply to adult and pediatric IHCA and OHCA. Creating a single chain acknowledges that before cardiac arrest, prevention and preparedness can both avoid the need for and optimize resuscitation.
Infant chest compressions	• Rescuers should compress the sternum with 2 fingers or 2 thumbs placed just below the nipple line. • If the rescuer is unable to achieve appropriate depth for infants with 2 fingers or 2 thumbs, use the heel of 1 hand.	• Rescuers should compress the sternum with the heel of 1 hand or the 2 thumb–encircling hands technique. • If the rescuer cannot physically encircle the infant's chest, compressing the chest with the heel of 1 hand is recommended. • Rescuers can use either technique as long as they are performing compressions at the correct depth and rate.
Opioid-associated emergency	The Opioid-Associated Emergency for Healthcare Providers Algorithm, in addition to the Adult BLS Algorithm for Healthcare Providers	The Adult BLS Algorithm for Health Care Professionals illustrates the role of opioid antagonists (eg, naloxone) for suspected opioid overdose during respiratory and cardiac arrest. There is no longer a separate Opioid-Associated Emergency for Healthcare Providers Algorithm.
Severe FBAO: infants	Deliver repeated cycles of 5 back slaps followed by 5 chest thrusts until the object is expelled or the victim becomes unresponsive.	• For infants with severe FBAO, repeated cycles of 5 back blows (slaps) alternating with 5 chest thrusts should be performed until the object is expelled or the infant becomes unresponsive (see the new FBAO algorithm). • Rescuers should activate the emergency response system. • The heel-of-1-hand technique for chest thrusts is now recommended for infants with severe FBAO.
Severe FBAO: children	Perform abdominal thrusts until the object is expelled or the child becomes unresponsive.	• For children with severe FBAO, repeated cycles of 5 back blows (slaps) alternating with 5 abdominal thrusts should be performed until the object is expelled or the child becomes unresponsive (see the new FBAO algorithm). • Rescuers should activate the emergency response system.
Severe FBAO: adults	Use repeated abdominal thrusts to relieve choking in a responsive adult.	• For adults with severe FBAO, repeated cycles of 5 back blows (slaps) followed by 5 abdominal thrusts should be performed until the object is expelled or the person becomes unresponsive (see the new FBAO algorithm). • Rescuers should activate the emergency response system. • Studies of adults with FBAO showed that back blows were associated with improved rates of FBAO relief and fewer injuries compared with abdominal thrusts.
BLS topic	**2025**	
Pediatric BLS Algorithm (Infants to Puberty) for Health Care Professionals—2 or More Rescuers	Updated to illustrate the role of opioid antagonists (eg, naloxone) for suspected opioid overdose during respiratory and cardiac arrest	
Pediatric BLS Algorithm (Infants to Puberty) for Health Care Professionals—Single Rescuer	Updated to illustrate the role of opioid antagonists (eg, naloxone) for suspected opioid overdose during respiratory and cardiac arrest	

Abbreviations: BLS, basic life support; FBAO, foreign-body airway obstruction; IHCA, in-hospital cardiac arrest; OHCA, out-of-hospital cardiac arrest.

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