

BLS Study Guide 2026

Component	Adults (puberty and beyond)	Children (1 year of age to puberty)	Infants (younger than 1 year, excluding newborns)
Verifying scene safety	Make sure the scene is safe for rescuers and the person who needs help		
Recognizing cardiac arrest	Check for responsiveness No breathing or only gasping (ie, no normal breathing) No definite pulse felt within 10 seconds (Breathing and pulse check can be performed simultaneously for at least 5 but no more than 10 seconds.)		
Activating the emergency response system	If a mobile device is available, call emergency services (911). If you are alone with no mobile phone, leave the person to activate the emergency response system and get the AED/defibrillator before beginning CPR. Otherwise, send someone else and begin CPR immediately; use the AED/defibrillator as soon as it is available.		
Compression-to-ventilation ratio <i>without advanced airway</i>	1 or 2 rescuers 30:2	1 rescuer 30:2 2 or more rescuers 15:2	
Compression-to-ventilation ratio <i>with advanced airway</i>	Continuous compressions at a rate of 100-120/min Give 1 breath every 6 seconds (10 breaths/min).	Continuous compressions at a rate of 100-120/min Give 1 breath every 2-3 seconds (20-30 breaths/min).	
Compression rate	100-120/min		
Compression depth	At least 2 inches (5 cm)*	At least one third the AP diameter of the chest Approximately 2 inches (5 cm)	At least one third the AP diameter of the chest Approximately 1 ½ inches (4 cm)
Hand placement	2 hands in the center of the chest, on the lower half of the sternum	1 or 2 hands in the center of the chest, on the lower half of the sternum	Use the heel of one hand or the 2 thumb-encircling hands technique
Chest recoil	Allow full recoil of the chest after each compression; do not lean on the chest after each compression.		
Minimizing interruptions	Limit interruption in chest compressions to less than 10 seconds with a CCF goal of at least 60%.		

* Compression depth should be no more than 2.4 inches (6 cm).

Abbreviations: AED, Automated External Defibrillator; AP, Anteroposterior; CCF, chest compression fraction; CPR, cardiopulmonary resuscitation.

NEW Chain of Survival



- Recognition and Emergency Activation link in the Chain of Survival – Identifying the signs of cardiac arrest and calling 911
- Defibrillation is a link in the Chain of Survival; it may restore a regular heart rhythm

High-Quality CPR

- You witness someone suddenly collapse. The person is unresponsive, you hear agonal gasps, and there is no pulse – Begin CPR; the gasps are not normal breathing
- High-quality CPR on an adult is compressing to a depth of at least 2 inches (5 cm)
- Performing high-quality CPR is most likely to positively impact the survival of a person with sudden cardiac arrest
- You notice your partner's chest compression rate is inconsistent – You could say, "Remember to compress at a rate of 100 to 120 per minute."
- Someone who doesn't have a pulse and is not breathing normally requires high-quality CPR
- Two rescuers begin CPR, switch Compressor and Airway roles during high-quality CPR – About every 2 minutes

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High-Quality CPR

COMPRESSIONS:

RATIO

- Compression to ventilation ratio for **ADULT, CHILD** and **INFANT** 1-rescuer CPR is 30 compressions to 2 ventilations
- Compression to ventilation ratio for **CHILD** and **INFANT** 2-rescuer CPR is 15 compressions to 2 ventilations

DEPTH

- Depth of compression for **INFANT** is at least one third the depth of the chest, approximately 1 ½ inches (4 cm)
- Depth of compression for **CHILD** is at least one third the depth of the chest, approximately 2 inches (5 cm)
- Depth of compression for an **ADULT** is approximately 2 inches (5 cm)

RATE

- Chest compression rate for **ADULT, CHILD** and **INFANT** CPR is to compress at a rate of 100 to 120 per minute

RECOIL

- Allowing complete chest recoil is important when performing high-quality CPR so the heart will adequately refill between compressions

VENTILATIONS:

- Rescuers ensure that they are providing effective ventilations when using a bag-mask device by observing chest rise with each ventilation

TWO RESCUERS:

- Two rescuers begin CPR, switch Compressor and Airway roles during high-quality CPR – About every 2 minutes

Team Dynamics

TEAM DYNAMICS: 1.) Clear Roles and Responsibilities 2.) Knowing your Limitations 3.) Constructive Intervention

Match statement with appropriate element of team dynamics:

1. “The team functions well when all team members know their positions, functions, and tasks during a resuscitation attempt” – Clear Roles and Responsibilities
2. “Members of the team know their boundaries and ask for help before the resuscitation attempt worsens” – Knowing your Limitations
3. You notice the second rescuer is not allowing for complete chest recoil while giving compressions – Remind them to allow for complete chest recoil – Constructive Intervention

Automated External Defibrillator - AED 3 P's - Power Pads Plug-in

- Defibrillation is a link in the Chain of Survival, it may restore a regular heart rhythm
- First step you should take when using the AED, turn on the AED and follow the prompts
- You hear the AED prompt that a shock is advised, clear the patient by shouting, “Clear!”
- Special circumstance to consider when using an AED, you may need to remove chest hair before applying AED pads
- If you need to use an AED on someone who is submerged in water, pull the person out of water, and wipe their chest
- You immediately begin performing high-quality CPR when a second rescuer arrives to help, tell the second rescuer to go get the AED

Foreign Body Airway Obstruction - Choking

- A person with a foreign body airway obstruction becomes unresponsive, start CPR, beginning with chest compressions
- A choking unresponsive **INFANT** with severe airway obstruction, perform CPR, looking in the mouth for obstructing object before you give the breath
- An **INFANT** is responsive and choking with severe airway obstruction, give sets of 5 back blows and 5 chest thrusts
- A choking unresponsive person with severe airway obstruction you are performing CPR – Each time you open the airway, you should look for obstructing object

Chest Compression Fraction - CCF

- Chest Compression Fraction is the amount of time during a cardiac arrest event that high-quality chest compressions are performed. Targeting a high CCF of at least 60% is recommended and a goal of 80% is often achievable with good teamwork. Research shows that a 10% increase in CCF is roughly equal to an 11% increase in survival.
- CCF = actual chest compression time/total code time

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