



2015 AHA Guidelines for CPR & ECC

Summary of Key BLS Components for Adults, Children and Infants*

Component	Recommendations		
	Adults	Children	Infants
Recognition	Unresponsive (for all ages)		
	No breathing or only gasping		
	No pulse palpated within 10 seconds for all ages (HCP only)		
CPR sequence	C-A-B		
Compression rate	100-120/min		
Compression depth	2 - 2.4 inches (5-6 cm)	At least 1/3 AP diameter About 2 inches (5 cm)	At least 1/3 AP diameter About 1 1/2 inches (4 cm)
Chest wall recoil	Allow complete recoil between compressions HCPs rotate compressors every 2 minutes		
Compressions interruptions	Minimize interruptions in chest compressions Attempt to limit interruptions to <10 seconds		
Airway	Head tilt-chin lift (HCP suspected trauma: jaw thrust)		
Compressions-to-ventilation ratio (until advanced airway placed)	30:2 1 or 2 rescuers	30:2 Single rescuer 15:2 2 HCP rescuers	
Ventilations: when rescuer untrained or not proficient	Compressions only		
Ventilations with advanced airway (HCP)	1 breath every 6 seconds (10 breaths/min) Asynchronous with chest compressions About 1 second per breath Visible chest rise		
Defibrillation	Attach and use AED as soon as available. Minimize interruptions in chest compressions before and after shock; resume CPR beginning with compressions immediately after each shock		
Rescue Breathing (Basic)	1 breath every 5 to 6 seconds	1 breath every 3 to 5 seconds	
Rescue Breathing (Adv)	1 breath every 6 seconds (10 breaths/min)		

Abbreviations: AED, automated external defibrillator; AP, Anterior-Posterior; CPR, cardiopulmonary resuscitation; HCP, healthcare provider.

*Excluding the newly born, in whom the etiology of an arrest is nearly always asphyxial