

HeartSaver CPR 2025

Comparison Chart

Adult	Child (age 1 – 8)	Infant (age 0 – 1)
Shake victim and shout – “Are you Okay?”		Tap victim on bottom of foot and shout – “Are you Okay?”
Activate EMS (Emergency Medical Services) Call 911 and get an AED For Children & Infants- If you’re alone, give 5 cycles of 30 compressions and 2 breaths BEFORE you leave to call 911 & get an AED if no one is available.		
Check For Breathing for 5 – 10 seconds (watch the chest for steady rise and fall)		
C – Compressions		
Compression Landmarks In the center of the chest on the lower half of the breastbone		Compression Landmarks Center of the chest - Just below the nipple line
Compression Method- (Push hard and fast ; allow for full chest recoil) *2 Hands	Compression Method- (Push hard and fast ; allow for full chest recoil) *2 Hands or 1 Hand	Compression Method- (Push hard and fast ; allow for full chest recoil) * 2 thumbs side by side, or the heel of 1 palm if necessary
Compression Depth- At least 2" (no more than 2.4")		Compression Depth- At least 1/3 the depth of the chest
Compression Rate- 100-120 compressions/minute		
Compression-Ventilation Ratio 30:2		
A – Open the Airway Use the head-tilt-chin lift		
B – Breathing Give 2 breaths (1 second/breath – just enough to see the chest rise)		
D – Defibrillation (Use an AED as soon as you have an AED)		
AED – Turn on AED & follow the prompts (use adult pads only for adults)		AED - Use child pads/system if available (if not available, use AED and adult pads – on the front center of the chest and on the center of the back between the shoulder blades)

Obstructed Airway

Adult	Child	Infant
Ask – “Are you choking?”	Ask – “Are you choking?”	Look for signs of choking
* Do abdominal thrusts (Heimlich Maneuver) until object is removed or victim becomes unresponsive (unconscious) * Give 5 back blows between shoulder blades		* 5 Back Blows/5 Chest Thrusts until object is removed or victim becomes unresponsive
Unresponsive Obstructed Airway		
Activate EMS - Begin CPR in this order... compress, look (in the mouth), breathe and continue until the object is seen and can be removed or your breath makes the chest rise. Start over with C.A.B.		