

Summary of Basic Life Support American Heart Association 2020 Guidelines

Step/Action	Adult: Puberty & older	Child: Age 1yr to Puberty	Infant: Age less than 1 year
Verify Scene Safety – Make sure your environment is safe for rescuers & the victim			
Check Responsiveness	Tap and shout at victim “Are you okay!”		
Pulse & Breathing	Simultaneously check for normal breathing (no breathing or only gasping) and feel for a definite pulse within 5-10 seconds		
Activate 911 If a mobile device is available, phone emergency services (9-1-1)	If you are alone with no mobile phone, leave the adult to activate emergency response system and get the AED before beginning CPR Otherwise, send someone and begin CPR immediately; use the AED as soon as it is available	Witnessed collapse: Follow steps for adults and adolescents on the left Unwitnessed collapse: Give 2 minutes of CPR Then leave the victim to activate the emergency response system & get the AED Return to the child or infant and resume CPR; use the AED as soon as it is available	
Position	If victim is unresponsive and not breathing, position victim on their back on a firm flat surface.		
CLEAR THE CHEST AND BEGIN CHEST COMPRESSIONS			
Hand Placement	2 hands on the lower half of the breastbone (sternum)	2 hands or 1 hand (optional for a very small child) on the lower half of the breastbone (sternum)	1 rescuer 2 fingers or 2 thumbs in the center of the chest, just below the nipple line 2 or more rescuers 2 thumb-encircling hands in the center of the chest, just below the nipple line May use heel of one hand if rescuer cannot achieve recommended depth
Compression Depth	At least 2 inches (5cm)	1/3 diameter of chest; about 2 inches	1/3 diameter of chest; about 1 1/2 inches
Compression Rate	100-120 per minute		
Chest Recoil	Allow complete recoil of chest after each compression; do not lean on the chest after each compression		
Minimizing interruptions	Limit interruptions in chest compressions to less than 10 seconds with a CCF goal of 80%		
Compression-ventilation ratio	Without advanced airway: 1 or 2 rescuers 30:2 With advanced airway: Continuous compressions 1 breath every 6 seconds (10 breaths/min)	Without advanced airway: 1 rescuer 30:2 2 or more rescuers 15:2 With advanced airway: Continuous compressions 1 breath every 2-3 seconds (20-30 breaths/min)	
AED	Use adult pad. Do not use child pads/child system	Use child pads/system for child 1 to 8 years if available. If not, use adult pads	Use pediatric pads/pediatric does attenuator for infants if available. If not, use adult pads