

## Summary of Lay Rescuer CPR for Adults, Children and Infants American Heart Association 2020 Guidelines

Step/Action	Adult: Puberty & older	Child: 1yrs to Puberty	Infant: 0-1yrs
<b>Make sure the scene is safe for you to help</b>			
<b>Responsiveness</b>	Tap and shout at victim "Are you OK" / <b>Check for normal breathing- 5-10 seconds</b>		
<b>Activate 911</b>	If alone, you call. If others there, have them call 911 immediately and get the AED. Activate company emergency response team FIRST then 911!	If alone, do 5 cycles (2 minutes) of 30 compressions and 2 breaths before you go call 911.  If others are there, have them call 911 immediately.	
<b>Position</b>	If victim is unresponsive and not breathing, position victim on their back on a firm flat surface.		
<b>If able to- Remove clothing off CHEST AND BEGIN CHEST COMPRESSIONS</b>			
Compression landmarks	In the center of the chest, on the lower half of the breast bone.	Just below the nipple line	
Compression method: Push hard and fast Allow chest to return to neutral position.	2 hands: Heel of 1 hand on the lower half of the breast bone with the second hand on top	2 hands: Heel of 1 hand the lower half of the breast bone, second hand on top  1 Hand: Heel of 1 hand only	2 fingers just below the nipple line Or 2 thumb encircling technique below nipple line
Compression Depth	At least 2 inches	About 2 inches	1 1/2 inches
Compression Rate	100-120 per minute		
Compression-ventilation ratio	30 compressions to 2 breaths 5 sets every 2 minutes- if someone else there have them help with compressions.		
<b>Defibrillation</b>			
AED	Use adult pads. Do not use child pads/child system	Use child pads/system for child 1 to 8 years if available. If not, use adult AED and pads	Use child pads/system for child 1 to 8 years if available. If not, use adult AED and pads

<b>Foreign-body Airway Obstruction or Choking Management</b>			
Foreign-body airway obstruction (choking) - Conscious	Abdominal Thrusts Or Chest Thrust	Abdominal Thrusts Or Chest Thrust	Back slaps and chest thrusts