

Summary of Basic Life Support American Heart Association 2025 Guidelines

Step/Action	Adult: Puberty & older	Child: Age 1yr to Puberty	Infant: Birth to 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 to call 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 Heel of 1 hand 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	1/3 diameter of chest; 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