CPR CONSULTANTS
TRAINING CENTER

Summary of Lay Rescuer CPR for Adults, Children and Infants
American Heart Association 2025 Guidelines

Step/Action	Adult: Puberty & older	Child: 1yrs to Puberty	Infant: 0-1yrs
Make sure the scene is safe for you to help			
Responsiveness	Tap and shout at victim "Are you OK" / **Check for normal breathing-** 5-10 seconds		
Activate 911	If alone, you call. If others are around, have them call 911 immediately and get the AED.	If alone, do 5 cycles (2 minutes) of 30 compressions and 2 breaths before leaving to call 911. If others are there, have them call 911 and immediately start CPR	
Position	If victim is unresponsive and not breathing, position victim on their back on a firm flat surface.		
If able to- Remove clothing off CHEST AND BEGIN CHEST COMPRESSIONS			
Compression landmarks	In the center of the chest, on the lower half of the breastbone.		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 breastbone with the second hand on top	2 hands: Heel of 1 hand the lower half of the breastbone, second hand on top 1 Hand: Heel of 1	Heel of 1 hand just below the nipple line, or 2 thumb encircling hands 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.		
Defibrillation			
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 if available. If not, use adult AED and pads

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