

Critical Steps of Cardio Pulmonary Resuscitation (CPR)
American Heart Association Guidelines

Step	Critical Performance Steps	Adult CPR	Child CPR	Infant CPR
1	Check the scene for safety			
2	Check for a response <ul style="list-style-type: none"> • using tap and talk • also check for normal breathing 	Tap shoulder	Tap shoulder	Tickle or tap foot
3	Tell someone to call 911 Tell someone to get AED			
4	Place hands for compressions	Center of chest, 2 hands	Center of chest, 1 hand	Center of chest 1-2 fingers
5	Deliver compressions	30, 1 ½– 2 inches depth	30, 1 inch – 1 ½ inches depth	30, ½ inch – 1 inch depth
6	Open airway using head-tilt/chin-lift			
7	Pinch nose			On infant cover their nose and mouth with your mouth
8	Deliver breaths	2	2	2 puffs air
9	Return to chest for compressions	30	30	30
10	Open airway and deliver breaths	2	2	2
11	Continue compressions and breaths			

Note: It is important to continue CPR until help arrives, an AED arrives, you revive the victim, or you get so physically tired that you can't continue. Compressions should be pushed hard and pushed fast, letting the chest recoil between compressions.