

CPR Summary

Adult	Child	Baby
<p>Hand Position</p> <p>Two hands on the middle of the chest</p>	<p>Hand Position</p> <p>Two hands on the middle of the chest</p>	<p>Hand Position</p> <p>Two fingers on the middle of the chest (just below the nipple line)</p>
<p>Compress</p> <p>At least 5 cm (2 in.)</p>	<p>Compress</p> <p>At least 5 cm (2 in.) or $\frac{1}{3}$ to $\frac{1}{2}$ of chest depth</p>	<p>Compress</p> <p>At least 4 cm (1.5 in.) or $\frac{1}{3}$ to $\frac{1}{2}$ of chest depth</p>
<p>Breathe</p> <p>Just enough volume to make the chest start to rise (1 second per breath)</p>	<p>Breathe</p> <p>Just enough volume to make the chest start to rise (1 second per breath)</p>	<p>Breathe</p> <p>Slowly, with just enough volume to make the chest start to rise (1 second per breath)</p>
<p>Cycle</p> <p>30 compressions and 2 breaths</p>	<p>Cycle</p> <p>30 compressions and 2 breaths</p>	<p>Cycle</p> <p>30 compressions and 2 breaths</p>
<p>Compression Rate</p> <p>30 compressions in about 18 seconds. Rate of at least 100 per minute (not including breathing)</p>	<p>Compression Rate</p> <p>30 compressions in about 18 seconds. Rate of at least 100 per minute (not including breathing)</p>	<p>Compression Rate</p> <p>30 compressions in about 18 seconds. Rate of at least 100 per minute (not including breathing)</p>