

Summary of 2005 Guidelines BLS ABCD Maneuvers for Adults, Children, Infants (Newborn Information Not Included)

Maneuver	<u>Adult</u> Lay rescuer: ≥ 8 years HCP: Adolescent and older	<u>Child</u> Lay rescuers: 1 to 8 years HCP: 1 year to adolescent	<u>Infant</u> Under 1 year of age
Airway	Head tilt-chin lift (HCP: if trauma suspected, use jaw-thrust)		
Breathing—Initial	2 breaths at 1 second / breath	2 effective breaths at 1 second / breath	
HCP: Rescue breathing without chest compressions	10 - 12 breaths / minute (approximate)	12 - 20 breaths / minute (approximate)	
HCP: Rescue breaths for CPR with advanced airway	8 – 10 breaths / minute (approximate)		
Foreign-body airway obstruction	Abdominal thrusts		Back slaps and chest thrusts
Circulation Check (HCP only!): Pulse check (≤ 10 secs)	Carotid		Brachial or femoral
Compression landmarks	Lower half of sternum, between nipples		Just below nipple line (lower half of sternum)
Compression method Push hard and fast Allow complete recoil	Heel of one hand; other hand on top	Heel of one hand or as for adults	2 or 3 fingers; HCP (2 rescuers): 2 thumb-encircling hands
Compression depth	1.5 – 2 inches	Approximately one third to one half the depth of the chest	
Compression rate	Approximately 100 / minute		
Compression-ventilation ratio	30:2 (one or two rescuers)	30: 2 (single rescuer) HCP: 15:2 (2 rescuers)	
Defibrillation (AED)	Use adult pads (do not use child pads)	Use AED after 5 cycles of CPR (out of hospital) Use pediatric system for child 1 to 8 years if available. HCP: For sudden collapse (out of hospital) or in-hospital arrest use AED as soon as available.	No recommendation for infants < 1 year of age

Note: Maneuvers used only by Healthcare Providers are indicated by “HCP.”