HeartSaver CPR 2020
Comparison Chart

Adult	Child (age 1 – 8)	Infant (age 0 – 1)
Shake victim and shout – "Are you Okay?'		Tap victim on bottom of foot and shout – "Are you Okay?'
Activate EMS (Emergency Medical Services) **Call 911** and get an **AED**		
Check For Breathing for 5 – 10 seconds (watch the chest for steady rise and fall)		
C – **Compressions**		
Compression Landmarks In the center of the chest on the lower half of the breastbone		**Compression Landmarks** Center of the chest - Just below the nipple line
Compression Method- (Push **hard** and **fast**; allow for full chest **recoil**) *2 Hands	**Compression Method-** (Push **hard** and **fast**; allow for full chest **recoil**) *2 Hands or 1 Hand	**Compression Method-** (Push **hard** and **fast**; allow for full chest **recoil**) *2 fingers, 2 thumbs-hands encircling, or the heel of 1 palm if necessary
==**Compression Depth-** At Least 2" (no more than 2.4")==	**Compression Depth-** At least 1/3 the depth of the chest	
==**Compression Rate-** 100-120 compressions/minute==		
Compression-Ventilation Ratio 30:2		
A – Open the **Airway** Use the head-tilt-chin lift		
B – **Breathing** Give 2 breaths (1 second/breath – just enough to see the chest rise)		
D – **Defibrillation** ==(Use an AED as soon as you have an AED)==		
AED - use adult pads – **DO NOT** use child pads/system	AED - Use child pads/system if available (if not available, use AED and adult pads – on the front center of the chest and on the center of the back between the shoulder blades)	

Obstructed Airway

Adult	Child	Infant
Ask – "Are you choking?"	Ask – "Are you choking?"	Look for signs of choking
Do abdominal thrusts (Heimlich Maneuver) until object is removed or victim becomes unresponsive (unconscious)		5 Back Blows/5 Chest Thrusts until object is removed or victim becomes unresponsive
Unresponsive Obstructed Airway		
Activate EMS - Begin CPR in this order… compress, look (in the mouth), breathe and continue until the object is seen and can be removed or your breath makes the chest rise. Start over with C.A.B.		