

# Conclusion

## Summary of High-Quality CPR Components

Component	Adults and Adolescents	Children (Age 1 Year to Puberty)	Infants (Age Less Than 1 Year, Excluding Newborns)
<b>Make sure the scene is safe</b>	Make sure the scene is safe for you and the person needing help		
<b>Tap and shout (check for responsiveness)</b>	Check to see if person is responsive or unresponsive If unresponsive, go to next step		
<b>Shout for help</b>			
<b>Check for breathing</b>	If breathing normally, stay with the person until advanced help arrives  If <i>not</i> breathing normally or only gasping, begin CPR and use an AED	If breathing, stay with the child or infant until advanced help arrives  If <i>not</i> breathing or only gasping, begin CPR and use the AED	
<b>Begin CPR, phone 9-1-1, and get an AED</b>	Phone or send someone to phone 9-1-1 and get an AED while you begin CPR  If you are alone and have a phone, put it on speaker mode and phone 9-1-1 while you begin CPR	Phone or send someone to phone 9-1-1 and get an AED  If you are alone and have a phone, put it on speaker mode and phone 9-1-1 while you begin CPR  If you are alone and do not have a phone, give 5 sets of 30 compressions and 2 breaths. Then go phone 9-1-1 and get an AED. Return and continue CPR.	
<b>Compressions and breaths</b>	30 compressions to 2 breaths		
<b>Compression rate</b>	Push on the chest at a rate of 100 to 120 compressions per minute		
<b>Compression depth</b>	At least 2 inches	At least one third the depth of the chest, or about 2 inches	At least one third the depth of the chest, or about 1½ inches
<b>Hand placement</b>	2 hands on the lower half of the breastbone	2 hands or 1 hand (optional for very small child) on the lower half of the breastbone	2 fingers in the center of the chest, just below the nipple line
<b>Let the chest come back up</b>	Let the chest come back up to its normal position after each compression		
<b>Interruptions in compressions</b>	Try not to interrupt compressions for more than 10 seconds		

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