

CPR SUMMARY TABLE

Response	Check Victim Response		
Airway Breathing	Open airway – tilt head – lift chin Initially 2 breaths at 1 second per breath		
Compression			
Victim's age	Infant Less than 1yr old	Child 1 to 8 yrs old	Adult Over 8 yrs
Hand position	Just below nipple line		
Compression method Push hard and fast Allow complete recoil	2 fingers: 	1 hand: Heel of one hand 2 hands: Heel of one hand with second hand on top  	2 hands: Heel of one hand with second hand on top
Compression depth	About 1/3 to 1/2 the depth of the chest		4 to 5cm
Compression rate	100 per minute		
Breathing Compression Cycle	30 compressions then 2 breaths – repeat		