



Cardiopulmonary Resuscitation (CPR) — Adult/Child/Infant/Neonate

Skill Sheet

BLS	OT	AM	FR	EMR	AFA	MAFA
✓			✓	✓	✓	✓

Participants may not need to demonstrate skills for all age groups. The learning objectives for each course indicate the applicable content.

Steps

Ensure you are always wearing proper PPE before performing the skill.

1. Determine patient is in cardiac arrest.
2. Refer to the chart below for instructions.
3. Switch roles after approximately 2 minutes (5 cycles) of continuous CPR, if two or more responders are available.
4. Continue CPR until AED can be applied, more advanced care takes over, or local protocol dictates otherwise.

	Adult	Child	Infant	Neonate
HAND POSITION:	Two hands on sternum	One or two hands on sternum	Two fingers on sternum (just below nipple line) OR Encircling method	Two fingers on sternum (just below nipple line) OR Encircling method
COMPRESSION DEPTH:	5 cm (about 2 in.)	1/3 of the chest depth	1/3 of the chest depth	1/3 of the chest depth
ONE-RESPONDER CYCLE:	30 compressions 2 ventilations	30 compressions 2 ventilations	30 compressions 2 ventilations	3 compressions 1 ventilation
TWO-RESPONDERS CYCLE:	30 compressions 2 ventilations	15 compressions 2 ventilations	15 compressions 2 ventilations	3 compressions 1 ventilation
COMPRESSION RATE:	100–120 per minute (30 compressions in 15–18 seconds)	100–120 per minute (30 compressions in 15–18 seconds)	100–120 per minute (30 compressions in 15–18 seconds)	100–120 per minute (30 compressions in 15–18 seconds)

Organizational/local protocol for _____ :

Skill Notes

- Once CPR is started, it should be interrupted only to perform critical interventions, or when there are obvious changes in the patient's condition (i.e., speaking, coughing, moving purposefully, or opening the eyes).
- Chest compression fraction is the measurement of the amount of time that compressions are being performed. A chest compression fraction time of around 80% is the aim, with a minimum of around 60%.
- If the patient is pregnant, put a blanket or cushion under the patient's right hip to help blood return to the heart, if doing so does not disrupt CPR.
- If more than two responders are available, one responder should assume the role of team leader.
- You must use the two-finger method if the infant's torso is too large to encircle.
- The two-finger method is also recommended if you are performing CPR alone.