BLS CPR — Quick Reference 2025

American Heart Association 2025 Guidelines for CPR and ECC · Adults, Children, Infants

The five numbers

PATIENT	RATE	DEPTH	HAND TECHNIQUE
Adult (puberty & beyond)	**100–120/min**	**At least 5 cm — never more than 6 cm**	2 hands, center of chest, lower half of sternum
Child (1 yr to puberty)	**100–120/min**	**At least ⅓ AP diameter — ~5 cm**	1 or 2 hands, center of chest, lower half of sternum
Infant (<1 yr)	**100–120/min**	**At least ⅓ AP diameter — ~4 cm**	1 hand heel **or** 2-thumb encircling

Ventilations to compressions

AIRWAY	ADULT	CHILD / INFANT
No advanced airway	**30:2 (1 or 2 rescuers)**	**1 rescuer 30:2 · 2+ rescuers 15:2**
Advanced airway in place	**Continuous compressions 1 breath / 6 sec (10/min)**	**Continuous compressions 1 breath / 2–3 sec (20–30/min)**
Pulse present, not breathing normally	**1 breath / 6 sec (10/min)**	**20–30 breaths / min**

Volume: only enough for visible chest rise. Avoid hyperventilation — it raises intrathoracic pressure and drops cardiac output.

Team and timing

- **Switch compressors every 2 minutes**, or sooner if fatigued — at the rhythm check.
- Interruptions under **10 seconds**. Compression fraction at least **60%**.
- **Complete chest recoil** every compression. Do not lean on the chest.
- Pulse + breathing check together: at least **5**, no more than **10 seconds**.
- AED on **as soon as available**; pediatric attenuator for a child if available.
- Single rescuer, **unwitnessed** pediatric collapse: 5 cycles / ~2 min of CPR before leaving for help and an AED.

2025 CHANGE: two-finger infant compressions are eliminated — they do not reliably reach depth. Use **1 hand** or **2-thumb encircling**.