

Pediatric BLS Algorithm for Healthcare Providers—  
Single Rescuer

Associated Emergency  
Providers Algorithm

Summary of High-Quality CPR Components  
for BLS Providers

# BLS

Basic Life Support  
Reference



American  
Heart  
Association.

## C-A-B



Compressions



Airway



Breaths

### Critical Concepts

High-quality CPR improves a victim's chances of survival. The critical characteristics of high-quality CPR include the following:

- **Start compressions within 10 seconds** after recognizing cardiac arrest.
- **Push hard and push fast:** Compress at a rate of 100 to 120/min with a depth of:
  - At least 2 inches (5 cm) for adults
  - At least one-third the depth of the chest, approximately 2 inches (5 cm) for children
  - At least one-third the depth of the chest, approximately 1½ inches (4 cm) for infants
- **Allow complete chest recoil** after each compression.
- **Minimize interruptions** in compressions (try to limit interruptions to less than 10 seconds).
- **Give effective breaths** that make the chest rise.
- **Avoid excessive ventilation.**

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