

CPR RATIO CHART & KEY NUMBERS

When learning how to perform CPR, there are a lot of important numbers to keep in mind. From the rescue breathing rate for child patients to the CPR compression rate for adults, it's essential to know the correct metrics.

SUREFIRE CPR RATIO CHART



We've gathered up key statistics on CPR ratio and CPR rate for adults, children, and infants into this handy downloadable guide. These numbers are based on the latest information available from The American Heart Association as of November 2021.

COMPRESSION / VENTILATION RATIO (WITHOUT ADVANCED AIRWAY)

 { **1 or 2 rescuers 30:2** 

 { **1 rescuer 30:2**
2 or more rescuers 15:2
(For Healthcare Providers) 

COMPRESSION / VENTILATION RATIO (WITH ADVANCED AIRWAY)

 { **Deliver continuous compressions at 100-120 per min**
Deliver 1 breath every 6 seconds 







COMPRESSION RATE



 { **100-120 compressions per minute** 





COMPRESSION DEPTH



 { **At least 2 inches** 



 { **At least one-third of the chest diameter or about 2 inches** 

 { **At least one-third of the chest diameter or about 1.25 inches** 

HAND PLACEMENT

 { **Place 2 hands on the patient's chest (at the sternum)** 

 { **Place 2 hands on the patient's chest at the sternum (if the child is very small, 1 hand might be appropriate)** 



 { **1 rescuer: Place 2 fingers in the center of the patient's chest**
2+ rescuers: Place hands around the patient's chest and use 2 thumbs at the center of the patient's chest 



RESCUE BREATHING



 { **1 breath every 6 seconds** 



 { **1 breath every 3-5 seconds** 

ACTIVATION OF EMS



 { **Alone with a cell phone:** activate EMS, then locate an AED and begin CPR 


 { **Alone without a cell phone:** leave the patient to activate EMS, locate an AED and begin CPR 

 { **If you witnessed the collapse,** locate an AED 

 { **If you did not witness the collapse,** give 2 minutes of CPR first, then locate an AED and activate EMS 

RECOGNITION OF CARDIAC ARREST

 { **Check the patient** for symptoms of cardiac arrest such as collapse, lack of breathing, no responsiveness, or no pulse found **within 10 seconds** 



MINIMIZING INTERRUPTIONS

 { **Keep any interruptions in chest compressions under 10 seconds** 



KEY TERMS

Compression / Ventilation Ratio
The compression to ventilation ratio refers to the number of chest compressions to ventilation breaths during CPR. This can vary based on the patient's age, the AHA's CPR ratio and child CPR ratio is different from the ratio for adults.

Advanced airway
Advanced airway (or advanced airway management) is a practice used by medical professionals to support breathing such as an endotracheal tube, a nasopharyngeal airway, or an oropharyngeal airway. It can sometimes take the form of intubation.

Compression rate
The compression rate is the speed at which chest compressions are performed during high-quality CPR.

Compression depth
In order for CPR to be successful, it is important that the rescuer is pressing down far enough into the patient's chest to mimic the heart pumping blood and restore blood flow. The compression depth refers to the desired depth that rescuers should press down on the patient's chest.

Rescue breathing
A part of mouth-to-mouth CPR, rescue breathing is the act of blowing air into the patient's mouth to create artificial breath. It can be performed on its own or in conjunction with chest compressions.