

Basic Life Support Quick Reference Guide

	Adult / Large Child	Small Child (1 – 8 yrs)	Infant (< 1 yr)
Head tilt	Yes	Yes	No, neutral position
Jaw Support	Yes	Yes	Yes
Initial Breaths	-	Advanced CPR 2 initial breaths each over 1 second then immediately commence chest compressions	
Compression Site	Lower half of the sternum = “Centre of the chest”		
Method: <i>Push hard & fast</i> <i>Allow recoil</i>	Heel of one hand, other hand on top	Heel of one hand or heel of one hand other hand on top	Two fingers
Depth	1/3 depth the AP diameter of chest or >5 cm	1/3 depth the AP diameter of chest or approx 5cm	1/3 depth the AP diameter of chest or approx 4cm
Rate	Approx 100 – 120 compressions/minute		
One Operator <i>(all personnel)</i>	30 compressions to 2 breaths	30 compressions to 2 breaths	30 compressions to 2 breaths
Two Operators <i>(lay personnel)</i>	30 compressions to 2 breaths	30 compressions to 2 breaths	30 compressions to 2 breaths
Two Health Care Professionals: <i>Two operators, victim not intubated</i>	30 compressions to 2 breaths	15 compressions to 2 breaths (Advanced CPR)	15 compressions to 2 breaths (Advanced CPR)
Continued Care	<ul style="list-style-type: none">Continue chest compressions at a speed of 100 – 120 per minute.Minimize interruptions to chest compressions.Rotate compressor role about every 2 minutes (if possible).Continue until assistance arrives.		

AP = Anterior-Posterior
 Approx. = Approximately

ANZCOR Guideline 4 – 8, 12.2, 2016