

BLS Made Simple



Basic Life Support CPR guidelines by cpred.com

	A adult	C child	I infant
compressions per minute	100 CPM		
compressions to breaths	30:2	30:2	30:2
	30:2	15:2	15:2
depth of compressions	2" at least	about 2"	1/3⁺ depth of chest
rescue breathing	1 per 6 seconds	1 per 4 seconds	1 per 4 seconds
	early AED	early CPR	

- BLS for Healthcare Providers
- American Heart Association CPR classes
- See **www.cpred.com** or call 914-497-8998

