







Basic Life Support Helpful Hints for the 2025 Guidelines

The chain of survival:











Recognition and Emergency Activation → High-Quality CPR → Defibrillation → Advanced Resuscitation → Post-Cardiac Arrest Care → Recovery and Survivorship (p. 6)

Component	Adults & Adolescents	Child (Pediatric: age 1 year to signs of puberty)	Infant (less than 1 year, not including newborns)
Verifying Scene Safety	Follow Personal Protective Equipment (PPE) protocols to ensure rescuer safety (p. 4).		
Recognition & Emergency Activation	Identifying the signs of cardiac arrest and calling 911 (p. 7).		
High-quality CPR	Positively impacts the survival of a person in sudden cardiac arrest (p. 3).		
 Chest Compressions:	All chest compressions should be at a RATE of 100 to 120 per minute (p. 47). Compressing to a DEPTH of at least 2 inches or 5 centimeters is required during CPR on adults and children (p. 18). Or, one third the depth of the child's chest (p. 59). Heel of one hand on the lower half of the person's chest, heel of the other hand on top of the first hand (p. 19).	Heel of 1 hand technique over the child's chest (p. 60).	One third the depth of the chest or 1 ½ inches in depth (p. 61). Two-thumbs-encircling hand technique or heel of 1 hand technique (p. 60).
 Compression-to-ventilation ratio:	1 or more rescuer = 30:2 (p. 15)	<u>1 rescuer</u> = 30:2 (p. 59)	<u>2 rescuers</u> = 15:2 (p. 62)
 Effective Ventilations:	They are provided by observing a visible chest rise with each ventilation lasting over 1 second (p. 29).		
 Agonal Gasps:	They are not considered normal breathing. For someone not having a pulse and not breathing normally, such as agonal gasps, they need high-quality CPR (p. 16).		
 Foreign Body Airway Obstruction (FBAO):	The compressor and airway roles should be switched out about every 2 minutes or 5 cycles of CPR to reduce rescuer fatigue (p. 34).		
 Foreign Body Airway Obstruction (FBAO):	On a responsive adult or child, start repeated cycles of 5 back blows (slaps) followed by 5 abdominal thrusts, repeat until the object is expelled or the victim becomes unresponsive (p. 103, 105).	On a responsive infant with an obstructed airway, shout for help and alternate giving 5 back blows and 5 chest thrusts using the heel of the hand (p. 108).	
	If a choking victim becomes unresponsive, perform immediate CPR starting with chest compressions (p. 103, 105, 110). While performing CPR on an unresponsive choking victim, look in the mouth for an obstructing object each time you open the airway and before you give each breath (p. 103, 110).		

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Defibrillation			
   	<p>Early defibrillation is a link in the “Chain of Survival” and is used to restore a regular heart rhythm and eliminate an abnormal rhythm (p. 35).</p> <p>Once you have called 911 and begun CPR, shout for help for a second rescuer to get an AED for immediate defibrillation (p. 36).</p> <p>After someone has been in water, wipe their chest before applying the AED pads (p. 42).</p>		
 	<p>Chest hair may have to be removed before applying AED pads to avoid poor analysis of the person’s heart rhythm (p. 42).</p>		<p>Smaller pads for children younger than 8 years provide a shock dose specifically for a child and are not for adults (p.41). If no child pads are available for victims younger than 8 years, you may use adult pads (p. 72).</p>
  	<p>Once an AED arrives while CPR is in progress, the first step is to turn the AED on and follow the prompts (p. 37).</p> <p>Once the AED is applied and a shock is advised, clear the patient by shouting, “Everybody Clear!” (p. 37).</p> <p>If no shock is indicated and immediately after any shock is delivered, resume CPR immediately, starting with chest compressions (p. 40).</p>		
Advanced Resuscitation			
	<p>In team dynamics, knowing positions, functions, and tasks during a resuscitation attempt is described as “clear roles and responsibilities” (p. 46), whereas “knowing your limitations” is described as team members knowing their boundaries and asking for help before the resuscitation attempt worsens (p. 47).</p>		
Post-Cardiac Arrest Care			
	<p>In the hospital, a multidisciplinary team provides an advanced level of care (p. 8).</p>		
Recovery and Survivorship			
	<p>Some patients may need rehabilitation focused on neurological recovery. Additionally, survivors, caregivers, and rescuers may need support toward recovery after a resuscitation event (p. 8).</p>		

NOTES: