

HIGH-PERFORMANCE CPR CHARACTERISTICS

Correct Hand Position

The heel of one hand should be placed on the **center of the patient's chest** on the lower half of the sternum. The heel of the second hand should be placed over the first so that **both hands are overlapping and parallel**. If the patient is a male, when this first hand is appropriately positioned, the middle finger should rest on the nipple line.

Compression Rate

It should be between **100 and 120 compressions** per minute.

Depth of Compression

Each compression should be at least **2 inches** (5 cm) but should not exceed 2.4 inches (6 cm).

Chest Recoil

After each compression, the chest should be allowed to **completely recoil**.

50:50 Duty Cycle

When you are performing CPR with another rescuer, **rotate the rescuer** who is performing chest compressions with the rescuer who is performing ventilations **every two minutes**.

Ventilation

If there is no advanced airway, the ventilation ratio is **2 breaths every 30 compressions**. If there is an advanced airway, it is **1 breath every 6 seconds** with continuous compressions.