

CPR — Adult

Body & health

Rate, depth and ratio — a reminder for trained responders.

Chest compressions circulate blood when the heart has stopped. A memory aid for people who have been trained — it does not replace a course.

RATE

100–120/min

DEPTH

5–6 cm

RATIO

30:2

- Call emergency services and ask for a defibrillator first.
- Rate: 100–120 compressions per minute.
- Depth: 5–6 cm on an adult chest.
- Allow full recoil between compressions.
- 30 compressions to 2 rescue breaths if trained and willing.
- Compression-only CPR is far better than none at all.

LOOK FOR IT

The rate matches the beat of many well-known songs at around 110 bpm.

Educational reference only. Take a course; a defibrillator plus early CPR is what changes survival.