

anteroposterior diameter of the chest in pediatric patients (infants [younger than 1 year] to children up to the onset of puberty). This equates to approximately 1.5 inches (4 cm) in infants to 2 inches (5 cm) in children. Once children have reached puberty (ie, adolescents), the recommended adult compression depth of at least 2 inches (5 cm) but no greater than 2.4 inches (6 cm) is used.

2010 (Old): To achieve effective chest compressions, rescuers should compress at least one third of the

anteroposterior diameter of the chest. This corresponds to approximately 1.5 inches (about 4 cm) in most infants and about 2 inches (5 cm) in most children.

Why: One adult study suggested harm with chest compressions deeper than 2.4 inches (6 cm). This resulted in a change in the adult BLS recommendation to include an upper limit for chest compression depth; the pediatric experts accepted this recommendation for adolescents beyond puberty. A pediatric study observed improved

Figure 8

BLS Healthcare Provider Pediatric Cardiac Arrest Algorithm for 2 or More Rescuers—2015 Update

