Sept 30th 2021

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| --- | --- | --- | --- | --- |
|  | **Ideal technique** | **Shifting technique** | **Inadequate technique** | **Comments** |
| **1 person Child CPR** |  |  |  |  |
| Hand placement on lower half of sternum |  |  |  |  |
| Rate 100-120/minute |  |  |  |  |
| Depth at least one third chest depth, about 5cms (2 inches) |  |  |  |  |
| Complete chest recoil after each compression |  |  |  |  |
| **2 person CPR: ventilation, no advanced airway** |  |  |  |  |
| Hand position BMV and face mask |  |  |  |  |
| Co-ordination 2 breaths every 15 compressions (at 100-120 per minute) |  |  |  |  |
| Rate 2 breaths with less than 10 seconds interruption in compressions |  |  |  |  |
| Duration 1 second per inspiration |  |  |  |  |
| Visible chest rise with each breath |  |  |  |  |
| **2 person CPR: ventilation, with advanced airway** |  |  |  |  |
| Co-ordinate breaths with compressions (at 100-120 per minute) |  |  |  |  |
| Rate 20-30 breaths per minute (1 breath every 2-3 seconds) |  |  |  |  |
| Duration 1 second per breath |  |  |  |  |
| Visible chests rise with each breath |  |  |  |  |