

Basic life support

Chest Compressions

- Rate = 100 - 120 per minute.
- Depth = 5 - 6 cm (adult).
- Ratio:
 - 30 x Compressions
 - 2 x Ventilations
- Note, if done 100% correctly this only provides a maximum of 30% normal cardiac output.

Rescue Breaths

- No KNOWN risk of HIV or Hepatitis from oral contact alone.
- Consider protecting yourself by using a barrier “If unwilling, or unable, to carry out rescue breaths – carry out continuous compressions at a rate of 100 per minute”.

Ventilation with a Pocket Mask

- Advantages:
- Eliminates direct contact
- Allows for adequate lung ventilation
- Can be attached to supplementary oxygen

Final Thoughts

- If you start C.P.R the patient may, or may not, be successfully resuscitated. If you do not start their chance of survival will diminish by 20% per minute.
- Don't let your C.P.R skills get rusty – a friends life may depend on them