

TIPS FOR TEACHING COMPRESSIONS IN GUIDELINES 2010

Compressions That Make A Difference

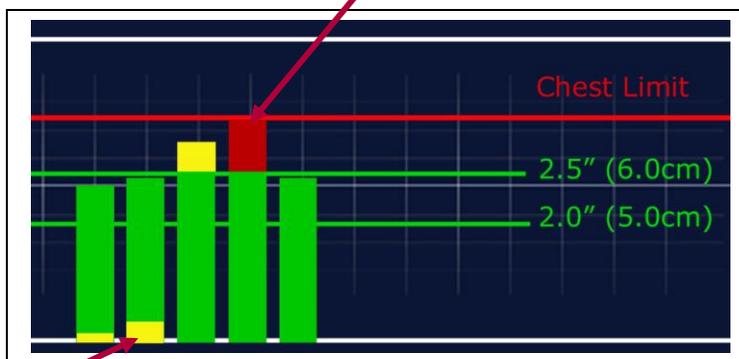
SmartMan has introduced specific changes to help students master the new rigorous performance requirements in Guidelines 2010.

Faster

Push further
In less time
Aim for consistency

DEEPER TOO DEEP

Push at least to 2.0" (5.0cm). No maximum depth in USA but no evidence that above 2.5" is helpful. In Europe 2.5" (6.0cm) is deepest allowable. Maximum depth, hitting the bottom is harmful



GUIDELINES
2010
Faster
Deeper
Full Release

Focus on Chest Release

With deeper and faster compressions, there is a tendency is to compensate for the greater depth by not fully releasing the chest.

For Previously Trained People

Performing a deeper chest compression position and going faster means there is a greater tendency to vary your depths (become less accurate).

With going deeper, there is a tendency to go to the depth but do the same amount of travel you did previously. This creates many more non-release of the chest.

Performing faster to greater depth means fatigue is more of an issue. This means you make more errors.

More Demanding

These guidelines demand more from you physically.

Keeping accuracy when moving further and faster demands greater concentration on your performance.

