

TIPS FOR TEACHING COMPRESSIONS IN GUIDELINES 2010

Performing OPTIMAL Compressions for the victim

When performing compressions, not only is accuracy and consistency of rate, depth, and release important, but it is also important how you push on the chest. Properly performed compressions maximize coronary perfusion.

Final Score

This is a summary score of your total performance.

Target Score: 100%
Greater than 80% is excellent

The Basics

Depth Target: 2.0+ inches
Do not hit the bottom

Rate Target: 100-120/min
About .55s per comp

Release Target: Zero

Final Score: 87.3%

Total compressions performed: 60 of 60
Average depth of compression : 2.22in (5.64cm)
Average duration of comps : 0.54s
Average rate of compressions : 111/min
Number of non-releases : 0 of 60

Fully compliant compressions
(depth, rate & release): 48 of 60

Time in activity: 38s (ideal: 37s)
Total Hands Off Time (activity): 14.911s
Hands Off Time (compressions): 4.24s

Duty Cycle: 36.1%

Fully Compliant Compressions

This all compressions which have depth, rate and release correct.

Target Score: All Perfect

Duty Cycle

This is the amount of time you spent compressing (pushing down plus releasing) during a cycle.

"Duty Cycle is important as "Coronary blood flow is determined partly by the duty cycle."
Guidelines 2010

Target Score: Less Than <50%

GUIDELINES
2010

Final Score

Basic Skills

Fully Compliant
Compressions

Duty Cycle

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