

GUIDELINES
2010

Correct Squeeze
of BVM

Slower
Inspirations

Full Release
of Bag

People with a duty to act must perform ventilations

Knowing how to perform a ventilation with a BVM takes skill. It also takes longer to master this skill than learning compressions. Once you know how to perform ventilations to a high standard, accuracy declines in a month or two.

Based on the new guidelines and looking at the results of how more than 50,000 people, inspirations are currently done too quickly. SmartMan has developed the most advanced training activities available. They are designed to make it quick and easy for you to perfect your skills.

New Activity

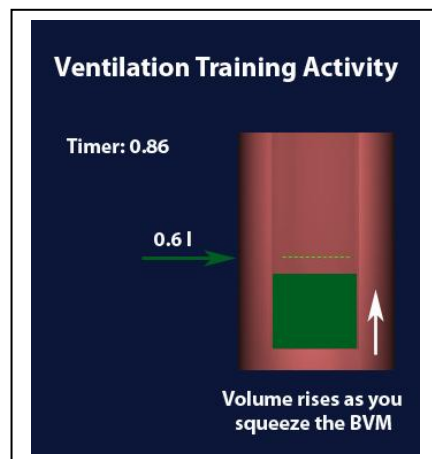
**Master Rate
of Inspiration**

The Rate of Inspiration. Squeeze the bag evenly and slowly so that you deliver 500ml to 600ml in 1 second.

REAL TIME See the volume of air increase as

Air goes into the lungs

REAL TIME See the time you are squeezing the bag



New Activity

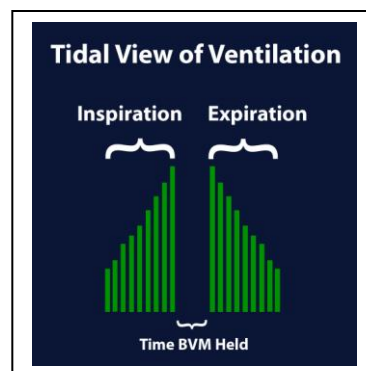
**Master Release
of the BVM**

Close Up Tidal View.

REAL TIME See the tidal inspiration and expiration as you perform with the BVM.

REAL TIME See how long you held the bag at the end of the inspiration.

The same colorful SmartMan bars indicate correct, too fast or too slow. The bright green indicates it is at the correct rate and correct volume. The space between the inspiration and expiration is the length of time the bag was held at the end of the inspiration and before the expiration started.



SmartMan is pioneering ways to improve training.

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