

### 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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