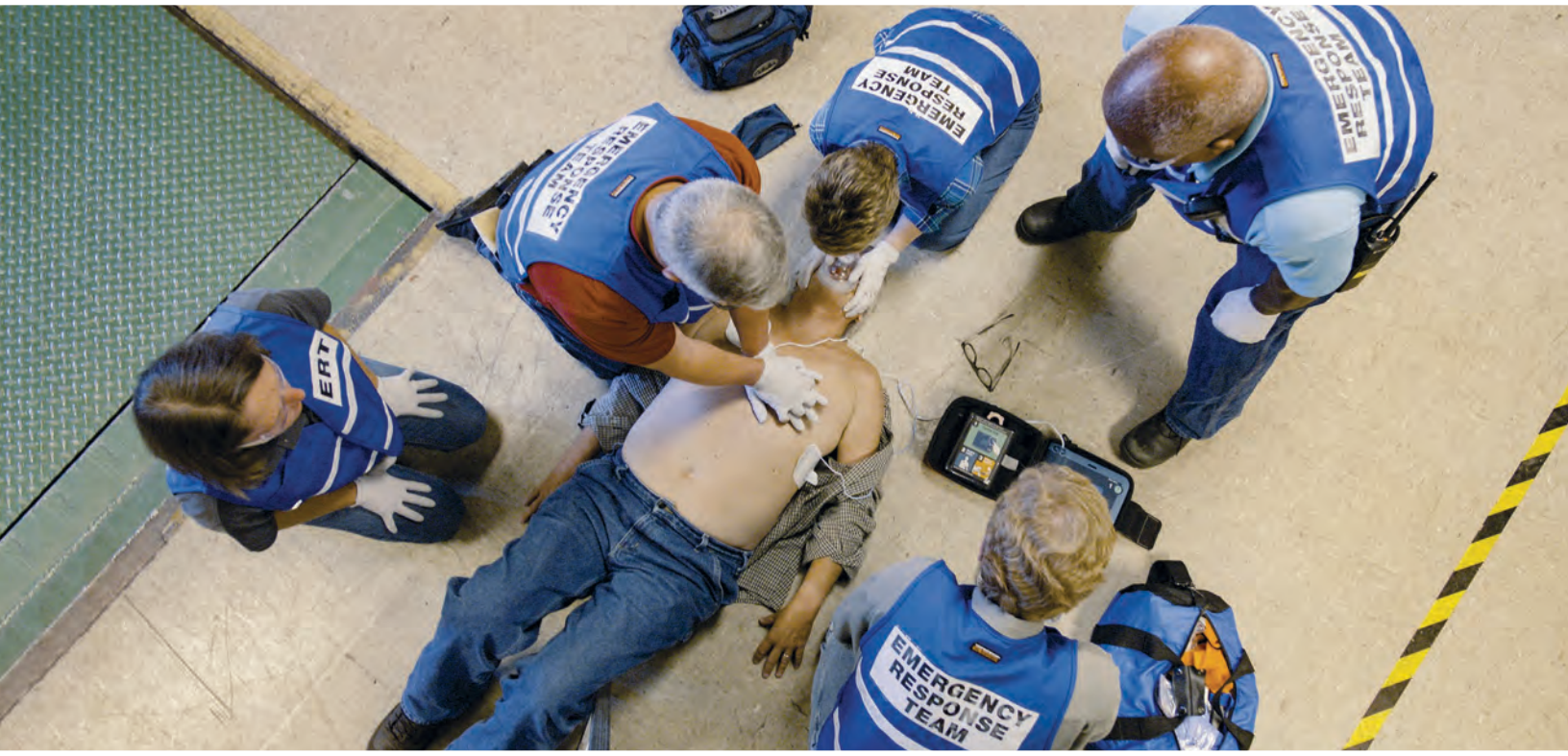
STUDENT BOOK
PREVIEW

High-Performance CPR



2015 GUIDELINES

AMERICAN SAFETY & HEALTH INSTITUTE

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An HSI Company

High-Performance CPR

Student Book, *Version 8.0*

Purpose of this Student Book

This ASHI *High-Performance CPR Version 8.0 Student Book* is solely intended to facilitate certification in an ASHI High-Performance CPR training class. The information in this handbook is furnished for that purpose and is subject to change without notice.

ASHI certification may only be issued when an ASHI-authorized instructor verifies a student has successfully completed the required core knowledge and skill objectives of the program.

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HSI has used reasonable effort to provide up-to-date, accurate information that conforms to generally accepted treatment recommendations at the time of publication. These recommendations supersede recommendations made in previous ASHI programs. Science and technology are constantly creating new knowledge and practice. Like any printed material, this publication may become out of date over time. Guidelines for safety and treatment recommendations cannot be given that will apply in all cases/scenarios as the circumstances of each incident often vary widely. Signs and symptoms may be incomplete and can vary from person to person. Do not use the information in this program as a substitute for professional evaluation, diagnosis, and treatment from an appropriately qualified physician or other licensed healthcare provider. Local or organizational physician-directed practice protocols may supersede treatment recommendations in this program. Alert emergency medical services (EMS) or activate your emergency action plan immediately if you are not sure an emergency exists or when any person is unresponsive, badly hurt, looks or acts very ill, or quickly gets worse.

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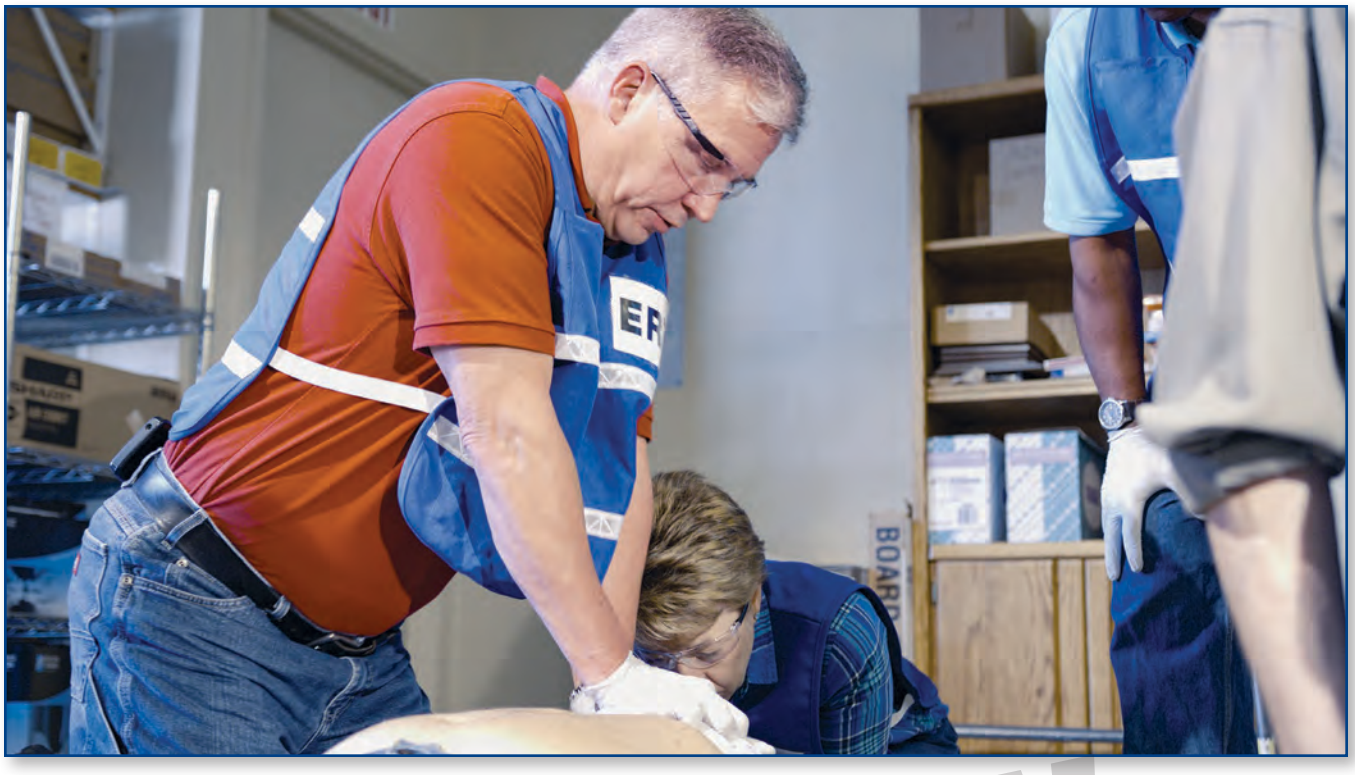
High-Performance CPR Algorithm . . . IBC

Dedicated to Craig Aman, a firefighter/paramedic, educator, colleague, friend, and tireless advocate for improving survival from sudden cardiac arrest…

"How can We do Better?"

High-Quality Chest Compressions



Chest compressions have the greatest impact on the overall quality of CPR.

High-quality compressions need to be:

- Fast
- Deep
- Fully recoiled
- Continuous

Body Mechanics

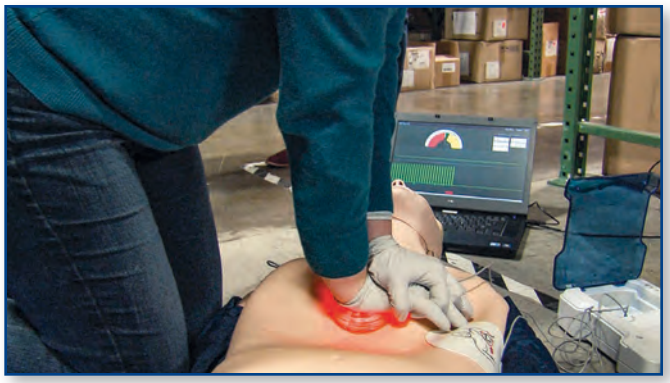
After just a few minutes, high-quality compressions can become physically challenging. Good body mechanics can help you minimize your effort and maximize your endurance.

It is important to avoid leaning on the chest between compressions. This will allow for full recoil of the chest at the top of each compression.

CPR Feedback Device

A CPR feedback device, or manikin, can provide real-time, measured feedback to a compressor on compression rate, depth, and recoil.

The use of one when training is essential to develop muscle memory of high-quality compressions. Use one in real-life, if possible. Real-time feedback allows for ongoing adjustments by a compressor to achieve and maintain high-quality compressions.



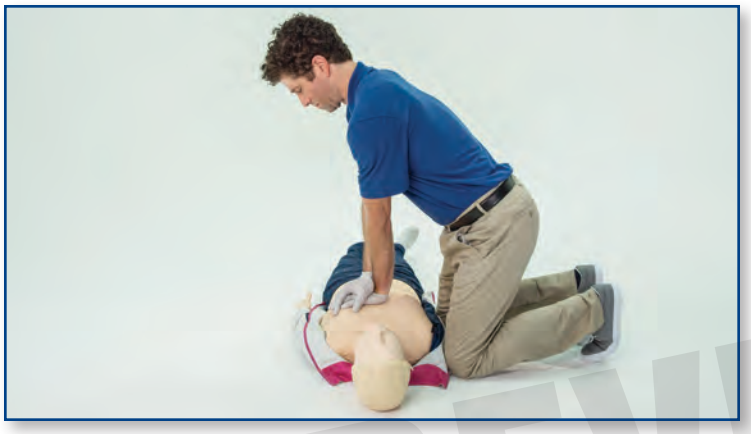
Knowledge Check

What are the 4 most important attributes of high-quality chest compressions?

High-Quality Chest Compressions

Position Your Hands

- Position person face up on a firm, flat surface. Kneel close to the chest.
- Place heel of one hand on center of chest, on lower half of breastbone.
- Place heel of your other hand on top of and parallel to first. You can interlace fingers to keep them off chest.

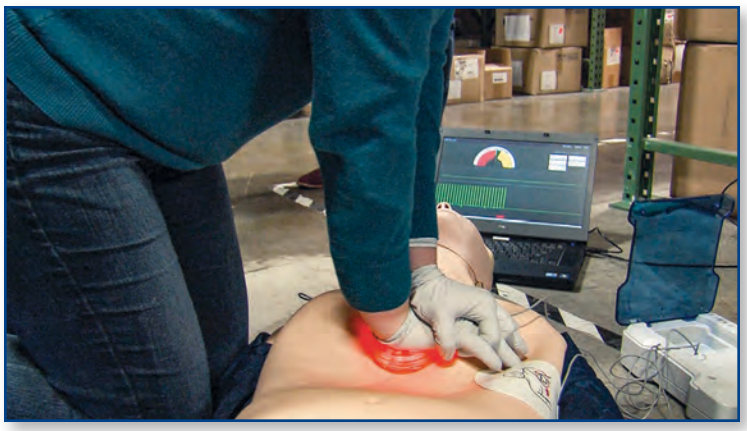


Position Your Body

- Use good body mechanics to minimize effort and maximize endurance.
- Bring your body up and over the chest so your shoulders are directly above your hands.
- Straighten your arms and lock your elbows.

Compress

- Push straight down, at least 2 inches, bending at the waist as a fulcrum point and using your upper body weight to help compress.
- Lift hands and allow chest to fully recoil to its normal position. Move immediately into down stroke of next compression.
- Avoid leaning on chest at the top of each compression.
- Continue compressions at a rate of 100 to 120 times per minute.



Maintain Quality

- Use a CPR feedback device to ensure you are continuously meeting depth and rate guidelines.
- Continue uninterrupted for 2 minutes to get a sense of how tiring ongoing compressions can be.

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