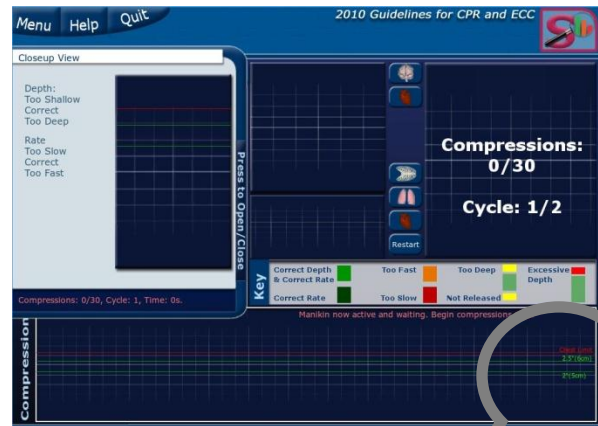


3 things you need to focus on when performing chest compressions Computer Screen

All 3 are important

- **DEPTH:** How deep you press
- **RATE:** How fast you are pressing and releasing (moving up and down)
- **RELEASE:** That you allow the chest to come all the way up

Bright Green ONLY =
All Correct for
Depth, Rate and Release



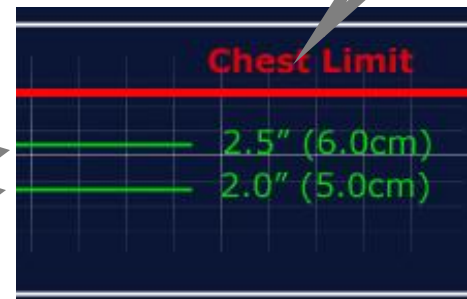
DEPTH

Indicated by height and color of the bar

When you press down on the chest a bar will come up. The further you press down the further it will rise.

There are two lines on the screen showing how far you pushed the chest.

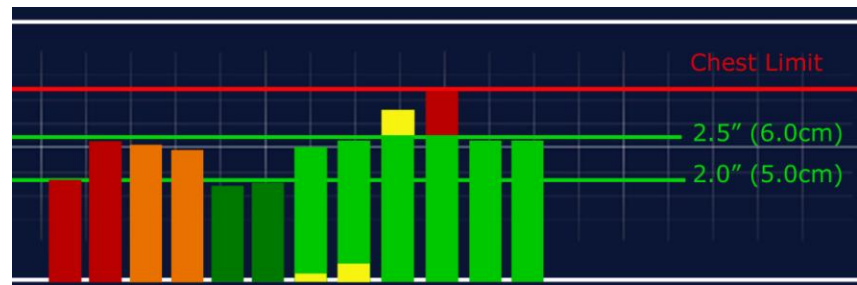
Your aim is to get the bar between those two lines.



RATE

The color shows how fast you are pressing

Give about 2 compressions per second



Bright green = everything is perfect.

Red = your rate is too going slow. The rate should be about 2 per second.

Orange = your rate is too fast

RELEASE OF THE CHEST

Yellow on Bottom = this shows that you did not fully release the chest.

When the chest comes up, make sure you are not leaning on the chest.

Imagine someone has to slip a piece of paper between your hands and the chest each time you come up.

Yellow on Top = this shows that you compressed the chest too deep.

Red on Top = this shows that you hit the bottom (too deep).

The person at the computer will help you.