# First Aid/ C for Compressions

# Principles

## The purpose of doing chest compressions is to effectively squeeze the heart inside the victim's chest, causing blood to flow. This allows the normal gaseous exchange between the lungs, bloodstream and tissues to occur. Compressions are now usually performed before any rescue breaths due to the fact that when normal breathing and circulation stop, there is still a good amount of residual oxygen left in the bloodstream (as it has no way to exchange out of the body).

# Technique

## The aim is always to compress in the center of the chest, of the victim. This means that compressions are performed on the sternum or breastbone of the victim, approximately in line with the nipples on males and children.

## • For adults (>8) - place the palm of one hand in the centre of the chest, approximately between the nipple line (on adult males - for females, you may need to approximate the ideal position of this line due to variations in breast size and shape). Bring your other hand to rest on top of the first hand, and interlock your fingers. Bring your shoulders directly above your hands, keeping your arms straight. You should then push down firmly, depressing the chest to about one third (1/3) of its depth.

## • For children (1-8) - place the palm of one hand in the centre of the chest, approximately between the nipple line. Bring your shoulder directly above your hand, with your 25 straight, and perform compressions to one third (1/3) the depth of the chest with one arm only.

## • For infants (<1yr) - Use your forefinger and middle finger only. Place your forefinger on the centre of the child's chest between the nipples, with your middle finger immediately below it on the chest, and push downwards using the strength in your arm, compressing the chest about one third (1/3) of it's depth. Give 30 compressions in a row, and then two (2) rescue breaths. Then restart your next cycle of compressions.