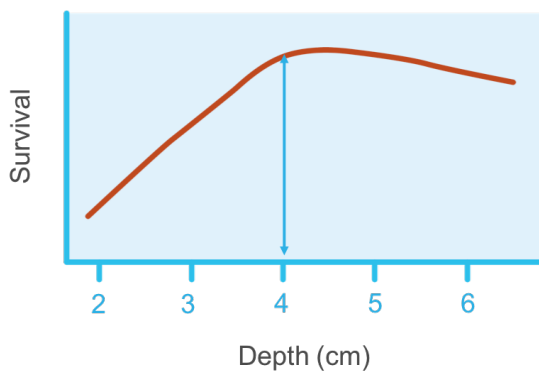


## Chest compressions

# PERFORMING THE APPROPRIATE DEPTH OF COMPRESSIONS

The goal of chest compressions is to create a cardiac output to support perfusion.

### Compression depth



**Remember**

*Cardiac output = heart rate x stroke volume*

**The ideal compression depth is > 2 inches (4 cm) or at least one third of the anterior / posterior chest diameter.**

Compressions performed more shallow than this are likely to generate an inadequate stroke volume.

It is important to ensure full chest recoil at any compression depth. Incomplete chest recoil will limit ventricular filling and decrease stroke volume and cardiac output.