



INSPIRED

BE INSPIRED. IMPROVE CPR QUALITY.

TAKING **THE GUESSWORK** OUT OF CPR

ZOLL®

THE 2013 AHA CONSENSUS STATEMENT ON
CPR QUALITY REINFORCES THIS MESSAGE:

Patient survival is linked to the quality of CPR.¹

This e-book illustrates
and discusses
several of the
components key
to performing
high-quality CPR.



DEPTH



2 in.

TURN THE PAGE TO SEE THIS PUZZLE'S ANSWER

COMPRESS AT A DEPTH OF AT LEAST 2 INCHES

Achieving a compression depth of at least two inches is critical to generate the blood flow needed to deliver oxygenated blood to the heart and brain.



DON'T GUESS

CPR Dashboard™ shows the compression depth in real time. A numeric digital display and audio prompts encourage deeper compressions if necessary.

100 RATE 120

TURN THE PAGE TO SEE THIS PUZZLE'S ANSWER

KEEP THE RATE BETWEEN 100 AND 120

If the rate is too slow, the heart will fill with blood, but it won't be delivered to vital organs. Too fast and the heart will not fill sufficiently, so blood flow will be impeded for a different reason. The target rate is between 100 and 120 compressions per minute.



DON'T GUESS

CPR Dashboard shows the rate in real time, and a metronome will pace at the minimum rate of 100 compressions per minute.

DON'T STOP CPR

Don't stop. Keeping interruptions to an absolute minimum is critical for performing high-quality CPR. The chest compression fraction quantifies the amount of time that compressions are actively being delivered. If it's below 80%, there's room for improvement, and one way to get there is to limit interruptions.



DON'T GUESS

With CPR Dashboard, an idle time display pops up if a pause exceeds 3 seconds, so you're always aware of how long you've been off the chest.



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TURN THE PAGE TO SEE THIS PUZZLE'S ANSWER

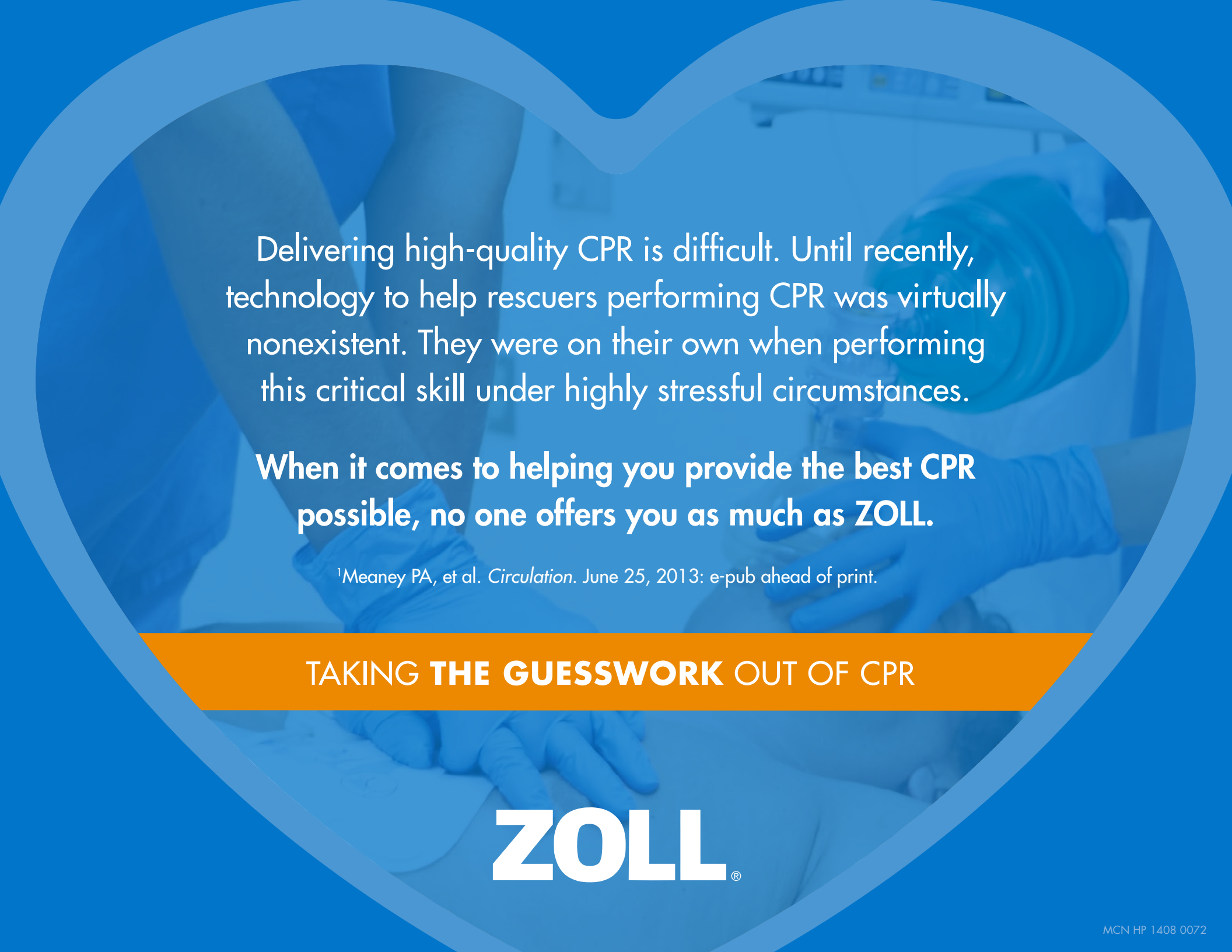
AVOID LEANING

Complete recoil lets the heart fill before the next chest compression. Incomplete chest release is known to decrease blood flow.¹ So, it's crucial to avoid leaning on the chest.



DON'T GUESS

CPR Dashboard has a release indicator that shows when you are coming off the chest completely.



Delivering high-quality CPR is difficult. Until recently, technology to help rescuers performing CPR was virtually nonexistent. They were on their own when performing this critical skill under highly stressful circumstances.

When it comes to helping you provide the best CPR possible, no one offers you as much as ZOLL.

¹Meaney PA, et al. *Circulation*. June 25, 2013: e-pub ahead of print.

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