

Current Method/Practice	New Method/Practice	Why the Change?
Checking for Danger and response	No Change	
Clearing the airway	No change to clearing the airway for aquatic drowning	For non aquatic locations clearing the airway may not be necessary and the assessment of the patient may be conducted on the back without rolling the patient on the side
5 Full Breaths	2 Rescue Breaths	Most research shows that during resuscitation patients are given too much oxygen – the added breaths also delays CPR
Feel the Pulse	Check for “signs of life”	According to the most recent research pulse checks are ineffective with over 50% of checks being inaccurate
EAR if pulse is present	No EAR but continue with CPR if no “signs of life”	For a patient with no breathing and no signs of life commence CPR
CPR at a rate of 60 to 100 compressions per minute	CPR at a rate of 100 compressions per minute	Research has shown that an increased rate will help maintain a best possible blood flow and blood pressure.
CPR at a rate of 15:2 and 1:5	CPR at 30:2 for one and two person operation	The faster and prolonged rate will allow for an increase in blood pressure
Continue as the chest compression operator until feeling tired	Change as the chest compression operator every two minutes if available personnel	There is good evidence that the technique of the chest compression operator deteriorates after one minute even if the operator does not feel fatigued.