

# Working Solutions

## Tuesday

Stream D

Session 4

1430 –1515

Stryker

Sharon Rindsland  
Emma Fitzgerald

## Performing safe CPR, avoiding back injuries to the Healthcare Professional

### Biography :

### Abstract :

Come and join our interactive workshop where we will look at manual CPR versus mechanical CPR and how it can impact your role as a Manual Handling Advisor/Practitioner.

Have you ever heard of injuries sustained whilst performing manual CPR? Have you ever been asked about performing CPR in a challenging environment?

The manual handling technique of performing chest compressions is physically demanding and may exhaust or put pressure on the handler's body due to the positions they need to work in. It is important that the handler minimises twisting their spine and applies force vertically down from their shoulders. This reduces the risk of injury and makes compressions more effective. Yet how many of us are concerned, are we doing this right? It's not till after the CPR has finished we notice the pain within our own body. Yet we don't get many datix incident reports, why is this? Because we feel it's our duty to save lives!

Come and learn in this fun and interactive session. Hear from the experts how to perform safe manual CPR, whilst seeing who comes out on top in the 'staying alive' challenge. Find out about the risks to your staff regarding back injury during resuscitation attempts. Lastly, hear about how Lucas our mechanical CPR device can help you to address all these issues.

### Objectives :