



Education and Organisational Development Service

# 2024 Chest Compression Challenge



- Do you pride yourself on performing great CPR?
- Does your team have the best chest compressions in all the land?
- This autumn, get your team of 3 together to compete in the 2024 Chest Compression Challenge!
- Compete against other teams within your local hospital and across SWSLHD in the:

**2024 SWSLHD Chest Compression Champions!**  
**RSVP TODAY!**

Click on your local hospital link below to register your team

Hospital	Link
Bankstown	<a href="#">Bankstown CCC Booking 2024.xlsx</a>
Bowral	<a href="#">Bowral CCC Booking 2024.xlsx</a>
Camden	<a href="#">Camden CCC Booking 2024.xlsx</a>
Campbelltown	<a href="#">Campbelltown CCC Booking 2024.xlsx</a>
Fairfield	<a href="#">Fairfield CCC Booking 2024.xlsx</a>
Liverpool	<a href="#">Liverpool CCC Booking 2024.xlsx</a>

Clinicians and non-clinicians are invited to participate.  
Please see attachment for further details



## Competitor Information

Schedule of Events			
Hospital	Date		Site contact
Bankstown	29/05/24	<a href="#">Bankstown CCC Booking 2024.xlsx</a>	<a href="mailto:Amy.OBeirne@health.nsw.gov.au">Amy.OBeirne@health.nsw.gov.au</a>
Bowral	02/05/24	<a href="#">Bowral CCC Booking 2024.xlsx</a>	<a href="mailto:OliviaMaria.Fitzgerald@health.nsw.gov.au">OliviaMaria.Fitzgerald@health.nsw.gov.au</a>
Camden	01/05/24	<a href="#">Camden CCC Booking 2024.xlsx</a>	<a href="mailto:Sinthu.Suresh@health.nsw.gov.au">Sinthu.Suresh@health.nsw.gov.au</a>
Campbelltown	15/05/24	<a href="#">Campbelltown CCC Booking 2024.xlsx</a>	<a href="mailto:Erin.southern@health.nsw.gov.au">Erin.southern@health.nsw.gov.au</a>
Fairfield	17/04/24	<a href="#">Fairfield CCC Booking 2024.xlsx</a>	<a href="mailto:Joanne.dong@health.nsw.gov.au">Joanne.dong@health.nsw.gov.au</a>
Liverpool	06/05/24	<a href="#">Liverpool CCC Booking 2024.xlsx</a>	<a href="mailto:Unny.sankaran@health.nsw.gov.au">Unny.sankaran@health.nsw.gov.au</a>

To register your team, please click on the link above. Only completed entries will be accepted. Please only email the site contact if you are experiencing difficulties. Registrations will not be accepted via email.

### Frequently Asked Questions

**Is this a Basic Life Support (BLS) Assessment?** No, this is not a BLS assessment, this is a competition against other teams.

**How many people do I need in a team?** You will need a team of 3 people to compete.

**How long do I need to perform chest compressions for?** 2 minutes per competitor.

**How long will the challenge take?** Each competitor will perform chest compressions for 2 minutes. Therefore, each team will compete for a total of 6 mins.

**Who will be responsible for coordinating the 2-minute timing and changeover of competitor?** Each team will need to time their own 2-minutes and co-ordinate rotation of competitors.

**Will the compressions be performed on the floor or on a bed?** Chest compressions will be performed on a manikin on the floor.

**Do we need to perform ventilations/breaths as part of this challenge?** No, ventilation delivery is not part of this competition.

**Is there a Paediatric event?** Yes, there are Adult and Paediatric events and your team can enter both.

**Can there be more than one team enter per ward/unit/department?** Yes!

**What will be judged during the event?** Staff from the Education and Organisational Development Service will use Laerdal QCPR manikins and sophisticated software to receive feedback in relation to the following compression depth, rate, hand placement and consistency of compressions.

**Will the winners receive a prize?** Yes, prizes will be awarded. The winning team will also have their name engraved on the Chest Compression Challenge perpetual trophy!

