



Use of Bag Valve Mask (BVM) with Viral Filter for Lifeguards

The National Ambulance Service has classed CPR as an "Aerosol Generating Procedure" meaning that its Paramedics use full PPE, where possible for **all cardiac arrests**



Our lifeguards mostly use face shields/masks which they would blow into manually in the event of resuscitating a drowning victims at the pool or on the beach

Going forward we will need to ensure all our lifeguards are trained and equipped to use a bag valve mask (BVM), a self inflating bag which helps minimise risk.

We now need to attach a small "viral filter" to the BVM which when attached would stop 99% of any virus from the victim from cross contaminating.

Employer supply of PPE to Lifeguards for CPR will need to be at minimum an FFP3 or FFP2 facemask, gloves and safety glasses.



**Viral
Filter**

Mask

Bag

BVM



Masks are sized - Infant up to Adult

Mask



Thumbs pushing down on mask

Fingers on jaw pulling up to mask

Mask Hands Position



BVM on Adult



BVM on Adult

**2 Rescuers are needed
for BVM use**



BVM on Adult

**Squeeze
Bag until
chest
rises**
*(About half the
bag capacity
for an adult)*



BVM on Adult

**Normal Chest
Compressions
to breaths
ratio 30:2**

**Keep mask on
face to reduce
contamination**



CPR on Adult



Remove BVM for AED shock

**As per
Adult with
less
squeeze on
BVM bag**



BVM on Child



BVM on Infant



**Separate
sized
BVM for
Infant**

**Infants head in
neutral position**

BVM on Infant



Beach Lifeguard Scenario

If the Beach Lifeguard has rescued a victim needing resuscitation and is awaiting the BVM from the Lifeguard Station/Tower then a pocket mask with the viral filter attached may be used by the single Rescuer for rescue breaths until the BVM arrives

**Attach viral
filter to
pocket mask**



Mask & Viral Filter

**Same Hands
position**



Mask & Viral Filter

**Administer
rescue
breaths
from
behind
head**



Mask & Viral Filter



BVM with Viral Filter for Lifeguards

