



Completing RQI Core Skills with Physical Limitations

Carpal Tunnel Syndrome or Arthritis of the Hands/Wrist

- Take a washcloth and fold it 3-4 times. Place the palm of one hand on the washcloth which elevates the angle of the wrist/hand.
- If you wear a wrist brace or require extra support, the brace may be worn while performing compressions.
- When clasping hands, do not intertwine fingers. Instead, place dominant hand on bottom and angle hand inward so it feels more natural. Take non-dominant hand and encircle thumb and index finger around the dominant wrist. The palm of the top hand should be centered over the back of the bottom hand. The hands should cover the exact same space. Your hands should resemble wings.
- Switch hand which is in contact with the manikin every 2 cycles to help with hand fatigue.
- Infant manikin – If your fingers are too painful or weak to do compressions, the pad of the thumb is the same width as the pad of 2 fingers. Place the pad of your thumb on the sternum at the nipple line and just below (just like 2 fingers!) Don't make a fist – fingers should be straight.
- Infant manikin – Use the second hand to reinforce the hand you are using to do compressions by gripping around the compressing fingers. You will have the strength of 2 hands, which eases the discomfort and increases your strength to permit compressions of adequate depth.





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Arthritis in Hands of Wrist or Carpal Tunnel Syndrome

- Ventilations – You may use any bag/mask combination to do your check-off.
- Ventilations – for both adult and infant, put the bag either under your arm and use your upper arm or against your leg and use your forearm to deliver air.
- Ventilations– People with small hands may benefit from positioning the notch between the thumb and forefinger as close to the stem of the mask as possible before putting the three fingers under the chin.
- Pull up with the fingers instead of pushing down on the mask. This way the thumb can help seal the top of the mask while your fingers pull the jaw into the



Lift the jaw into the mask

Back Injuries

- Get close to the adult manikin and position your legs as if you were going to squat to lift something heavy. The wider base provides additional support and stability.
- If you are not able to apply the needed leverage standing on the floor, use the available step to position your shoulders directly over the heel of the hands during compressions.
- Do NOT use arms/neck/back/shoulders to perform compressions. Instead, keep your upper body and trunk stiff and bend at the hips to perform compressions.
- If you have difficulty bending at the hips, keep arms and back straight with the hands in the correct position on the chest and bend knees while angled outward slightly to give compressions, like doing rapid, shallow squats.





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INJURY PREVENTION TIPS

- Get close to the manikin and position your body over top. Don't reach away from your body to perform compressions.
- Be aware of using your power house – your hips and thighs- as the place where your energy comes from. Don't let your body curve or thrust from your upper body.
- When performing ventilations with the adult manikin, step off the stool and get into the best position to use the bag. Don't stoop over to reach it.
- Take the time when changing from using the bag to doing compressions to get into the best position. The time you take to do it well will protect your body and is worth it!
- Its OK to take breaks. You may choose to do short sessions instead of performing all of the skills in one session



Good luck!

**Questions or issues about RQI? Call the Help Desk
317.962.2828**

