

## BAG VALVE MASK (BVM): FACE AND THIGH SQUEEZE TECHNIQUE

1. Choose correct size of face piece and bag for the patient. Select appropriate size of oropharyngeal airway and insert.
2. To hold mask firmly in position:
  - ✓ Place heel of hand on top of mask or valve
  - ✓ The fingers and thumb should extend straight forward
  - ✓ Lower hand to grasp jaw with middle 2 or 3 fingers
3. Using head-tilt/chin-lift, open airway by sitting back on the heels and tilting the head while lifting the chin with the hand on the mask or valve.
4. Squeeze knees together to keep patient's head hyperextended. This helps to stabilize the neck and also to take pressure off of the hand holding the mask in place so that the hand can concentrate on maintaining the seal. Make sure pressure is applied at the same angle as the faceplate to the face to get even distribution of pressure and a proper seal.
5. With your free hand, squeeze the bag against your thigh, once every 5 seconds. The squeeze should cause the patient's chest to rise.
6. Release pressure on the bag and let the patient passively exhale and the bag refill from the atmosphere or oxygen source.