

## Assessment - CPR

### Scene Safety

- Look for hazards/personal dangers
- Obtain and use appropriate personal protection equipment

### Assess

- Responsiveness (Are they alert, can they speak?)
- Airway (open and /or clear)
- Check for severe bleeding

### Call for Help

- If alone call 911 and retrieve the AED, if available
- If second rescuer is available, have them call 911 and retrieve the AED

### Check Breathing

- Look for normal breathing
- If no breathing, start CPR

## Adult CPR

### Provide Chest Compressions

- If no breathing, locate hand position on chest:  
***Place heel of one hand in center of the chest***
- Deliver 30 compressions
  - Push hard (compress chest at least 2 inches)
  - Push fast (approximately 100-120 compressions per minute)
- Allow chest to rise after each compression***

### Open Airway

- After 30 compressions, open airway using head tilt/chin lift

### Provide Breathing, Alternating with Compressions

- Apply face shield/pocket mask
- Provide 2 normal breaths (1 second each)
- Ensure that chest rises and falls with each breath
- Continue to alternate 30 compressions with 2 breaths

### Continue CPR Until

- Victim is moving and/or making sounds
- You are relieved by another person who can provide CPR
- Your own safety is in danger
- You are completely exhausted
- AED is on scene and ready to be attached

## AED

### Upon Arrival of the AED

- Open AED case (if necessary)
- Turn power on
- Follow voice/visual AED prompts
- Prepare chest (removing clothing from patient's chest, shave or dry if needed)

### Attach Electrode Pads

- Unpack electrodes
- Attach pads to patient's chest
- Stay clear of patient

### Follow Voice and Visual Prompts

- Ensure that no one is in contact with the patient
- Press flashing shock button if AED instructs you to do so
- Initiate CPR immediately when AED instructs you to do so

### If the Patient Begins Breathing, Moving or Making Verbal Sounds

- Maintain open airway using head tilt/chin lift
- Assist with breathing if necessary
- Leave pads attached and AED turned on

## AED - Responder

### Pre-Planning

- Know the locations of all AED's
- Review the site specific response plan
- Download EUAlert!™ and use for drills
- Learn the contents of the Redi-Kits in back of AED

### Drills

- Use responder card
- Designate a team leader (different leader each scenario)
- Designate a CPR and AED provider

### After the Drill

- Go over the drill with the instructor (good points/points of improvement)
- Reset the room and equipment for next scenario