



GL2015 CPR PRO Skills Check

1. Compression only CPR. (for when you don't have a barrier device)
2. Basic CPR skills – Single Rescuer adult, child and Infant (C - A - B)
 - a. Check responsiveness
if none – Get "Local" help and/or Activate the "System": 9-1-1 or in-house
 - b. Look for breathing (5 to 10 Seconds)
 - c. Check pulse: If NONE Start CPR; If Pulse, start Rescue Breathing
 - >> Adult/Child: Carotid Artery (5 to 10 Seconds)
 - >> Infant: Brachial Artery (5 to 10 Seconds)
 - i. If none – Activate the "System": 9-1-1 or in-house (USE CELLPHONE)
 - d. Landmark for compressions
 - i. Adult/Child: Heel of Hand; Center of Chest / Lower half of Sternum
 - ii. Infant: Two Fingers; Just below nipple line on sternum
 - e. Compression depth
 - i. Adult: AT LEAST 2" but less than 2.4"
 - ii. Child: 1/3 the depth of the chest (approx. 2" or 5 cm)
 - iii. Infant: 1/3 the depth of the chest (approx. 1 1/2" or 4 cm)
 - f. Compression rate
 - i. All patients: AT LEAST 100 compressions per minute, and less than 120
3. Proper use of pocket mask
4. Proper use of Bag Valve Mask (BVM)
5. Rescue Breathing (for a patient with a pulse) DO NOT HYPERVENTILATE!
 - a. Adult: 1 breath every 5 to 6 seconds (10-12 breaths per minute)
 - b. Child or Infant: 1 breath every 3 to 4 seconds (15-20 breaths per minute)
6. Compressions to Breaths ratio
 - a. All single rescuers and ALL Adult
 - i. 30 compressions to 2 breaths
 - b. Multiple rescuers
 - i. Child: 15 compressions to 2 breaths
 - ii. Infant: 15 compressions to 2 breaths
 1. Compress using Double Thumb Hand Encircling Technique
7. Use of the Automated External Defibrillator (AED)
 - a. How to use/pad placement. (Turn ON first; Upper Right / Left Side on rib cage)
 - b. Precautions/Special Considerations.
 - i. Hairy chest (Shave)
 - ii. Wet chest (Dry)
 - iii. AEDs and children/Infants (Use Pediatric Functions)
 - iv. Implanted medical devices (Relocate pad if possible)
 - v. Body piercings (Relocate pad)
 - vi. Medication Patch (Remove)
8. Foreign Body Airway Obstruction (FBAO)
 - a. Adult and Child
 - i. Conscious: Abdominal thrusts/Chest Thrusts
 - ii. Unconscious: CPR (look in mouth before ventilation)
 - b. Infant
 - i. Conscious: Back blows/Chest Thrusts
 - ii. Unconscious: CPR (look in mouth before ventilation)
9. Treating patient with protected airway (ET tube).
 - a. Continuous compressions / 1 breath every 6 seconds