

GL2015 Standard CPR and AED SKILL SHEET

Assess the scene for YOUR Safety and for others who can help

Assess the Patient

Responsive? (May also "LOOK" for Breathing simultaneously)

If NO...Get HELP and an AED

Adult - SEND Someone or GO yourself

Child - SEND Someone or if alone YELL for Help – do 2 minutes then GO

"LOOK" for Breathing (May be simultaneous with responsiveness check)

If no breathing (If breathing normally, Place in "Recovery Position")

ASSURE 9-1-1/Emergency Response has been called - Use CELL PHONE if necessary

C = START Compressions

1. Expose the chest
2. Locate the Center of chest - the lower half of the Breastbone
3. Adult/Child: Place Heel of hand there, and Push down - Hard, Fast, little interruption

A = Airway Use Head-Tilt/Chin Lift to Open Airway

B = Breathing

If NOT Breathing NORMALLY

Maintain Airway...

>GIVE 2 Breaths

That make the Chest Rise

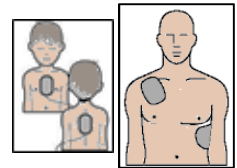


	Infant (0-1)	Child (1-8/puberty)	Adult (Over 8/puberty)
Compress with:	2 fingers	Heel of 1 or 2 hands	Heel of two hands
Location:	On Breastbone Just below nipple line	Center of chest Lower half of Breastbone	Center of chest Lower half of Breastbone
Depth:	1/3 chest depth About 1 1/2 " (4 cm)	1/3 chest depth About 2" (5 cm)	At least 2", But less then 2.4"
Rate:	>100/minute, <120/minute	>100/minute, <120/minute	>100/minute, <120/minute
Ratio:	30:2	30:2	30:2
AED Pads:	Front/Back	Front/Back	Top right/Left Side

D = Defibrillation (AED) For the ADULT, CHILD and INFANT Patient

When AED Arrives

- 1) Turn on AED
- 2) Select Proper Pads (Adult/Pediatric/"Pediatric key" or switch)
- 3) Follow Prompts
 - a. Apply pads to patient's bare chest (See pictures on pads for placement)
 - b. Connect Pads to AED (If required by YOUR AED – may already be connected)
 - c. Clear Patient while AED ANALYZES heart activity
 - >> Shock Advised – Clear patient and press SHOCK button
Fully automatic AED will shock without action from you
 - >> NO shock advised – resume CPR



With EITHER Shock or No Shock the AED Pauses for 2 Minutes

Fill pause with CPR - about 5 cycles of 30 compressions and 2 breaths