

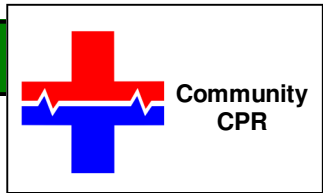


Skill Sheets Community CPR- Adult, Child, Infant CPR/AED



 Community CPR	Required Skill Scenarios
	Adult CPR
	Infant CPR
	AED
	Adult or Child Conscious Choking
	Infant Conscious Choking
	Adult Unconscious Choking
	Infant Unconscious Choking

 Community CPR	Individual Skills
	Assessing the scene for safety
	Using personal protective equipment: Gloves Face Shield
	Assessing patient responsiveness
	Giving Compressions: <i>Adult</i> - 2 hands on the center of the chest between the nipples. <i>Child</i> - 1 or 2 hands on the center of the chest between the nipples. <i>Infant</i> - 2 fingers on the center of the chest just below the nipples.
	Opening the Airway using a head tilt chin lift
	Giving rescue breaths: Adult and Child- Covering mouth Infant- Covering mouth and nose
	Removing a foreign object



Community
CPR

Adult CPR

1



Check Scene:

Check for safety, apply gloves and prepare face shield.

2



Check Person:

Check for responsiveness by holding head still, tapping and shouting. Look at chest and face to determine no normal breathing.

3



Call 911:

If unresponsive or a life-threatening condition exists, send someone to call 911 and get an AED if available.

4



30 Compressions:

Use 2 hands, give 30 chest compressions, at a rate of at least 100 compressions/minute, at least 2" deep.

5



Open Airway:

Open Airway using a head tilt chin lift technique. Look in the mouth for any obstructions.

6



Give 2 Breaths:

Give 2 breaths lasting 1 second each making sure the chest rises and falls with each breath.

7



Continue CPR:

Give cycles of 30 chest compressions, followed by 2 breaths.

Scenario:

You are walking in the park when you see a man lying on the ground. What would you do?

Required Equipment:
Adult Manikin



When to stop:

- If the patient shows signs of life
- Trained personnel or EMS take over
- The scene becomes unsafe
- An AED is ready to use
- The rescuer is too exhausted to continue

AED



Community
CPR

1



Power on the AED:

Check to make sure it is safe to use the AED. Unsafe conditions include, victim in water, on metal surface, flammable gas...

2



Bare the Chest:

Follow directions of AED. Dry any wet areas on chest, remove any patches, shave hair if needed.

3



Apply Pads:

Peel off backing and place pads as the picture on the pads shows. Press down firmly to assure pads are securely affixed.

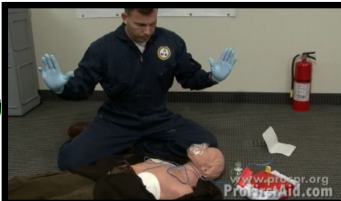
4



Plug in Connector:

Follow AED directions. Some AED models have pre-connected electrodes and will sense when pads are secure.

5



Stand Clear:

Don't touch the victim while the AED is analyzing or charging.

6



Push Shock Button:

Shout, "Clear," and make sure no one is touching patient.

7



Give Compressions:

Give 5 cycles of 30 chest compressions, at a rate of at least 100 compressions/minute, followed with 2 breaths.

8



After 2 Minutes:

The AED will reanalyze. If AED says, "No shock advised," continue CPR if no signs of life. Follow AED prompts.

Scenario:

You are performing CPR on a person when an AED arrives and is ready to use. What will you do?

Note: For victims 8 years old and younger, or under 55 lbs, use child pads. If victim is over 8 or 55 pounds, use adult pads. Adult pads can be used if no child sized pads are available. Make sure the pads do not touch.

Required Equipment: Adult/Child Manikin and AED Trainer

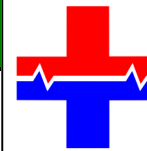


Note: Don't wait. Begin compressions immediately after the shock is delivered.

When to stop:

- If the patient shows signs of life
- Trained personnel or EMS take over
- The scene becomes unsafe
- The rescuer is too exhausted to continue

Adult or Child Conscious Choking



Community
CPR

1



Check Person:

Ask, "Are you choking?" If the person cannot cough, speak or breathe, he or she is choking and needs your help.

2



Call 911:

Send someone to call 911. If no one is available to call, provide care first.

3



Stand Behind:

Place your foot between the person's feet and place your other foot firmly on the ground beside you.

4



Position Hands:

Find the navel. Tucking in the thumb, place the thumb side of the fist against the abdomen, just above the navel.

5



Give Thrusts:

Grasp the back of your fist, give inward-upward abdominal thrusts until object is out or person goes unconscious.

Scenario:

You are eating a picnic lunch at the park when a person stands up and grasps his throat. What would you do?

Note: You will need to kneel down for a child in order to give effective abdominal thrusts.

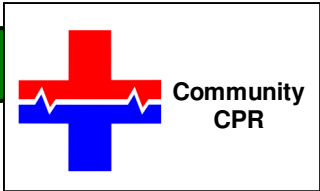
Required Equipment:
Adult/Child Manikin



When to stop:

- The object comes out
- The scene becomes unsafe
- The person becomes unconscious (Call 911 and perform unconscious choking technique in this case)

Adult Unconscious Choking



Community
CPR

1



Position Person:

Lower person safely to the ground.

2



Call 911:

If 911 has not been called, send someone to call 911 and get an AED if available.

3



30 Compressions:

Using 2 hands, give 30 chest compressions, at a rate of at least 100 compressions per minute, followed by object check.

4



Open Airway:

Open Airway using a head tilt chin lift technique. Look in the mouth for any obstructions.

5



Give a Breath:

Open airway and Give a breath. Even if no object is seen, attempt a breath. If air goes in give a second breath.

6



Reposition, Reattempt:

If air does not go in, reposition and reattempt a breath. If air still does not go in, continue compressions.

7



30 Compressions:

Using 2 hands, give 30 chest compressions, at a rate of at least 100 compressions per minute, followed by object check.

8



Check for Object:

If object is seen, do a finger sweep to remove it. Repeat steps 5-8 until air goes in and makes chest rise.

Scenario:

You are eating in your favorite restaurant when a man starts choking. You perform abdominal thrusts and he goes unconscious.

Required Equipment:
Adult Manikin

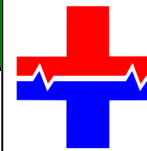


When to stop:

- If the patient shows signs of life
- Trained personnel or EMS take over
- The scene becomes unsafe
- The rescuer is too exhausted to continue

Note: After breaths go in, continue CPR if the person shows no signs of life. If there is breathing and movement, monitor Airway, Breathing, and Circulation until EMS arrives.

Infant CPR



Community
CPR

1



Check Scene:

Check for safety, apply gloves and prepare face shield.

2



Check Person:

Check for responsiveness by holding head still, tapping and shouting. Look at chest and face to determine no normal breathing

3



Call 911:

If unresponsive or a life-threatening condition exists, send someone to call 911 and get an AED if available.

4



30 Compressions:

Use 2 fingers, give 30 chest compressions, at a rate of at least 100/minute, and at least 1/3 the depth of the chest.

5



Open Airway:

Open Airway using a head tilt chin lift technique. Look in the mouth for any obstructions.

6



Give 2 Breaths:

Give 2 breaths lasting 1 second each making sure the chest rises and falls with each breath.

7



Continue CPR:

Give cycles of 30 chest compressions, followed by 2 breaths.

Scenario:

A neighbor knocks on your door and asks for help. She states her 6 month old baby is not waking up. You find the baby lying in a crib.

Required Equipment:
Infant Manikin

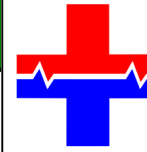


Note: Cover infant's mouth and nose.

When to stop:

- If the patient shows signs of life
- Trained personnel or EMS take over
- The scene becomes unsafe
- An AED is ready to use
- The rescuer is too exhausted to continue

Infant Conscious Choking



Community
CPR

1



Check Baby:

If the baby cannot cough, cry or breath, he is choking and needs your help.

2



Call 911:

Send someone to call 911. If no one is available to call, provide care first.

3



Position Baby:

Support the baby's face with your hand on the jaw and the baby's body along your forearm. Place the baby face down.

4



Give 5 Back Blows:

Holding the baby's head lower than the feet, give 5 back blows between the shoulder blades.

5



Turn Baby Over:

Hold the back of the head. Sandwich the baby between your forearms and turn him over.

6



Give 5 Chest Thrusts:

Place fingers on the sternum in the center of the chest and give 5 thrusts.

7



Repeat Steps 3 to 5:

Keep giving 5 back blows and 5 chest thrusts until the object comes out or baby goes unconscious.

Scenario:

You are feeding a baby lunch when he begins to turn blue and cannot cry, cough or breath. What would you do?

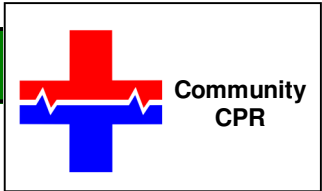
Required Equipment:
Infant Manikin



When to stop:

- The object comes out
- The baby becomes unconscious (Call 911 and perform unconscious choking technique in this case)

Infant Unconscious Choking



Community
CPR

1



Position Person:

Lay the infant down, supine, on a flat surface.

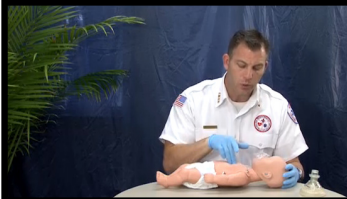
2



Call 911:

If 911 has not been called, send someone to call 911 and get an AED if available.

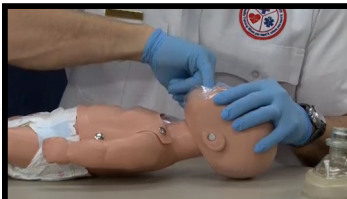
3



30 Compressions:

Use 2 fingers, give 30 chest compressions, at a rate of at least 100/minute, and at least 1/3 the depth of the chest.

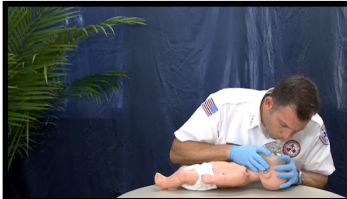
4



Check for Object:

Open Airway using a head tilt chin lift technique. Look in the mouth for any obstructions. If object is seen, do a finger sweep to remove it.

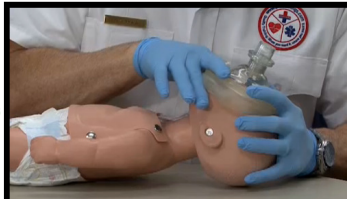
5



Give a Breath:

Open airway and Give a breath. Even if no object is seen, attempt a breath. If air goes in give a second breath.

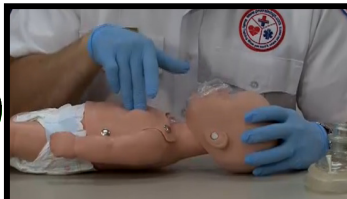
6



Reposition, Reattempt:

If air does not go in, reposition and reattempt a breath. If air still does not go in, continue compressions.

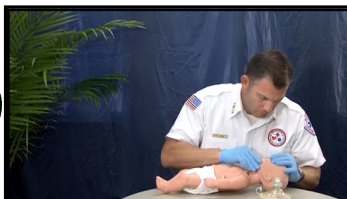
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30 Compressions:

Use 2 fingers, give 30 chest compressions, at a rate of at least 100/minute, and at least 1/3 the depth of the chest.

8



Check for Object:

If object is seen, do a finger sweep to remove it. Repeat steps 5-8 until air goes in and makes chest rise.

Scenario:

You enter a baby's room and notice that several marbles are scattered around the baby on the floor. The baby is conscious and choking. You perform back blows and chest thrusts. The baby goes unconscious. What will you do next?

Required Equipment:
Infant Manikin




When to stop:

- If the patient shows signs of life
- Trained personnel or EMS take over
- The scene becomes unsafe
- The rescuer is too exhausted to continue

Note: After breaths go in, continue CPR if the person shows no signs of life. If there is breathing and movement, monitor Airway, Breathing, and Circulation until EMS arrives.

→ Community CPR- Adult, Child, Infant CPR/AED ←

 Community CPR	Skill Evaluation Checklist	Participant Names– (Please Print)	Date: _____
Skill Evaluator Signature: (Sign inside of box) <div style="border: 1px solid black; height: 40px; margin: 5px 0;"></div> Registry # _____ Fax or email completed form to: Fax: 810-592-5007 Email: support@procpr.org			
Required Skill Scenarios			
Adult CPR			
Infant CPR			
AED			
Adult or Child Conscious Choking			
Infant Conscious Choking			
Adult Unconscious Choking			
Infant Unconscious Choking			
Individual Skills –May be assessed while performed during skill scenarios.			
Assessing the scene for safety			
Using personal protective equipment: Gloves Face Shield/Rescue Mask			
Assessing patient responsiveness			
Giving Compressions: <i>Adult</i> - 2 hands on the center of the chest between the nipples. <i>Child</i> - 1 or 2 hands on the center of the chest between the nipples. <i>Infant</i> - 2 fingers on the center of the chest just below the nipples. <i>2 Rescuer Infant</i> - 2 thumbs hands encircling chest technique			
Opening the Airway using a head tilt chin lift			
Giving rescue breaths: <i>Adult and Child</i> - Covering mouth <i>Infant</i> - Covering mouth and nose			
Removing a foreign object			