

Student Practice Sheet for Remediation

1-Rescuer Adult CPR and AED



Step	Critical Performance Step	Details
1	_____ Check for responsiveness	Tap the patient's shoulders and ask, "Are you all right?"—speaking loudly and clearly. Scan the chest for movement (5-10 seconds).
2	_____ Tell someone to activate the emergency response system and get an AED	Tell someone to perform both actions.
3	_____ Check the carotid pulse	Place 2 or 3 fingers of one hand on the trachea and slip fingers into the groove between the trachea and muscles on the side of the neck. Check pulse for at least 5 seconds but no more than 10 seconds.
4	_____ Bare the patient's chest and locate CPR hand position	Move or remove clothing from front of the patient's chest. Place the heel of one hand on the center of the chest (lower half of the sternum). Place the other hand on top of the first hand (or use the second hand to grasp the wrist of the first hand). Extend or interlace fingers to keep off the chest.
5	_____ Deliver first cycle of 30 compressions at the correct rate	Position self alongside the patient and place hands in the proper place on the chest. Give 30 compressions in 18 seconds or less. Push hard, push fast; allow the chest to return to normal between compressions.
6	_____ Give 2 breaths (1 second each)	Give breaths using a pocket mask. Breaths should take 1 second each. Reposition the head if the chest does not rise. Take no more than 10 seconds to accomplish 2 breaths or move to compressions.
AED Arrives		
AED 1	_____ Turn the AED on, select proper pads, and place pads correctly	Stop CPR and press button to turn AED on (or make sure that AED case is open if your AED has an automatic-on feature). Recognize the difference between adult pads and child pads. Select the proper pad size for the manikin. Apply the pads to the chest as pad diagrams or AED instructions show.
AED 2	_____ Clear the patient to analyze	Show a visible sign of clearing the patient and a spoken indication of clearing the patient: "Clear! Stay clear of patient!" or similar statement, with an obvious gesture to make sure that all are clear.

(continued)

AED 3	_____ Clear the patient to shock/press shock button	<p>Show a visible sign of clearing the patient and a spoken indication of clearing the patient: <i>"Clear! Stay clear of patient!"</i> or similar statement, with an obvious gesture to ensure that all are clear.</p> <p>Press the shock button when prompted and after clearing.</p> <p>For adult patient, time from arrival of AED to first shock must be less than 45 seconds.</p>
7	_____ Resume CPR: deliver second cycle of compressions at correct hand position	<p>Place the heel of one hand on the center of the chest (lower half of the sternum), and place the other hand on top of the first hand.</p> <p>Do 30 compressions.</p> <p>You must do >23 of 30 compressions in the correct position.</p> <p>Push hard, push fast; allow the chest to return to normal between compressions.</p>
8	_____ Give 2 breaths (1 second each)	<p>Give breaths using a pocket mask.</p> <p>Breaths should take 1 second each.</p> <p>Reposition the head if the chest does not rise.</p> <p>Take no more than 10 seconds to accomplish 2 breaths or move to compressions.</p>
9	_____ Deliver third cycle of compressions of adequate depth with complete chest recoil	<p>Push hard, push fast; allow the chest to return to normal between compressions.</p> <p>You must do >23 of 30 compressions correctly: adequate depth, allowing the chest to return to normal between compressions.</p>