

Adult CPR

Demonstrate single-rescuer adult cardiopulmonary resuscitation (CPR) on a manikin.

Notes

- Rescuer sends bystander to call EMS and find an AED and an AED-trained responder. If alone, rescuer phones EMS – and returns with an AED and AED-trained responder (if available) – any time prior to starting CPR.
- Rescuers should understand the importance of early defibrillation and how to use an AED (components, activation and pad application).
- AED pad placement: The upper-right chest pad should not go over the sternum, clavicle or nipple. The lower-left pad should wrap around the rib cage – not on the abdomen or in the arm pit.
- Push Hard, Push Fast: compress the chest at least 5 cm (2 in.) at a rate of at least 100/minute allowing for full chest recoil.
- Use of barrier device is recommended.

Reference:
CLM Chapter 7.2 *The ABC Priorities*;
7.4 *Rescue Breathing*;
7.5 *Cardiopulmonary Resuscitation*
Appendix B

Purpose

To restore breathing and circulation in an unconscious victim with absent or abnormal breathing.

Must See

- Assess environment for hazards
- Establish unresponsiveness
- Activate Emergency Medical Services (EMS)
- Attempt to obtain an AED and an AED-trained responder
- Position victim on back
- Open airway and quick, visual check for breathing (5 sec.)
 - If breathing, victim placed in recovery position
 - If breathing absent or abnormal, CPR started with 30 chest compressions (or with 2 rescue breaths for drowning victims)
- Immediate application of AED by AED-trained responder (if available)
- CPR and/or AED use continued until rescuer relieved of responsibility or victim shows signs of life
- If victim shows signs of life, reassess ABCs and treat appropriately

Rescue non-breathing victim in deep water

Item 17

Perform a rescue of an unconscious, non-breathing victim in deep water. Return with the victim to the beach, dock or poolside. Untrained bystanders assist in victim removal. Rescuer performs appropriate follow-up procedures, including treatment for shock.

Purpose

To prepare for the prevention of loss of life in an aquatic emergency with minimum risk to the rescuer.

Notes

- Victim should be near the surface and may be face-up or face-down.
- Realistic situations and victim simulation will assist in accurate rescuer recognition and appropriate response.
- Carefully design circumstances to obtain the desired rescuer response.
- Give rescuer direction in basic follow-up procedures: call for help, ABCs and treat for shock.
- Aids (preferably not kickboards) available should be realistic and appropriate to an *unsupervised* environment.
- Rescuers are not required to perform unassisted removals.
- Use of barrier devices is recommended.

Reference:

CLM Chapter 4 *The Rescue of Others*; 7.2 *The ABC Priorities*, 7.4 *Rescue Breathing*, 7.5 *Cardiopulmonary Resuscitation*;
Appendix A: *Stress Reaction to Rescues*
Appendix B

Must See

- Quick, accurate recognition
- Personal safety maintained throughout
- Appropriate assessment of situation
- Call for help
- Appropriate choice and use of aid
- Appropriate entry and efficient approach
- Victim secured at nearest point of safety
- Visual contact and constructive communication throughout
- Appropriate use of and clear direction to bystanders
- Safe and effective removal with bystander assistance
- Activate Emergency Medical Services (EMS)
- Attempt to obtain an AED and an AED-trained responder
- Appropriate care of victim: CPR (started with 2 rescue breaths) and application of AED by AED-trained responder (if available)
- CPR and/or AED use continued until rescuer relieved of responsibility or victim shows signs of life
- If victim shows signs of life, reassess ABCs and treat appropriately