Basic Life Support

Adult CPR and AED
Skills Testing Critical Skills Descriptors

1. **Assesses the person and activates emergency response system (this must precede starting compressions) within 30 seconds. After determining that the scene is safe:**
   - Checks for responsiveness by tapping and shouting
   - Shouts for help/directs someone to call for help and get AED/defibrillator
   - Checks for no breathing or no normal breathing (only gasping)
     - Scans from the head to the chest for at least 5 but no more than 10 seconds
   - Checks carotid pulse
     - Should be done simultaneously with check for breathing
     - Checks for at least 5 but no more than 10 seconds
2. **Performs high-quality chest compressions (initiates compressions immediately after recognition of cardiac arrest)**
   - Correct hand placement
     - Lower half of sternum
     - 2-handed (second hand on top of the first or grasping the wrist of the first hand)
   - Compression rate of 100 to 120/min
     - Delivers 30 compressions in 15 to 18 seconds
   - Compression depth and recoil—at least 2 inches (5 cm) and avoiding compressing more than 2.4 inches (6 cm)
     - Use of a commercial feedback device or high-fidelity manikin is required
     - Complete chest recoil after each compression
   - Minimizes interruptions in compressions
     - Delivers 2 breaths so less than 10 seconds elapses between last compression of one cycle and first compression of next cycle
     - Compressions resumed immediately after shock/no shock indicated
3. **Provides 2 breaths by using a barrier device**
   - Opens airway adequately
     - Uses a head tilt–chin lift maneuver or jaw thrust
   - Delivers each breath over 1 second
   - Delivers breaths that produce visible chest rise
   - Avoids excessive ventilation
   - Resumes chest compressions in less than 10 seconds
4. **Performs same steps for compressions and breaths for Cycle 2**
5. **AED use**
   - Powers on AED
     - Turns AED on by pushing button or lifting lid as soon as it arrives
   - Correctly attaches pads
     - Places proper-sized (adult) pads for the person's age in the correct location. Places one pad vertically on the person's right upper chest with the top of the pad just under the clavicle. Places the second pad horizontally on the person's left lateral ribs with the middle of the pad below the axilla at the midaxillary line
   - Allows for rhythm analysis according to device prompts and manufacturer instructions
     - Some devices allow for analysis during compressions and others require a pause in compressions to allow for analysis
     - Clears rescuers from the person for AED to analyze rhythm (pushes Analyze button if required by device)
     - Communicates clearly to all other rescuers to stop touching the person

- Clears to safely deliver shock
  - Communicates clearly to all other rescuers to stop touching the person
- Safely delivers a shock
  - Resumes chest compressions immediately after shock delivery
  - Does not turn off AED during CPR

6. **Resumes compressions**
   - Ensures that high-quality chest compressions are resumed immediately after shock delivery
     - Performs same steps for compressions

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