

CPR SKILL SHEET

Adult CPR		
Conscious check	5	
Open the airway-HTCL	5	
Check for signs of breathing-10 seconds	5	
Give two slow breaths	5	
Proper seal	5	
Check for signs of life-10 seconds	5	
Use index and middle finger	5	
Palm down	5	
Correct hand	5	
Same side	5	
Correct pulse site	5	
Perform 30 compressions	10	
Arms straight	5	
Shoulders over compression spot	5	
Proper rhythm	5	
Give 2 breaths	5	
Proper seal	5	
Cycle check	5	
How many cycles before you check pulse?	5	
<i>Total possible points</i>	<i>100</i>	

Child CPR		
Conscious check	5	
Open the airway-HTCL	5	
Check for signs of breathing-10 seconds	5	
Give two slow breaths	5	
Proper seal	5	
Check for signs of circulation-10 seconds	5	
Use index and middle finger	5	
Palm down	5	
Correct hand	5	
Same side	5	
Correct pulse site	5	
Perform 30 compressions	10	
Arms straight	5	
Shoulder over compression spot	5	
Proper rhythm	5	
Give 2 breaths	5	
Proper seal	5	
Cycle check	5	
How many cycles before you check pulse?	5	
<i>Total possible points</i>	<i>100</i>	

Adult Conscious Choking / UC in arms		
Are you OK....keep coughing!!	12	
Position your body behind victim	12	
Position your feet properly	12	
Deliver 5 back blows	12/10	
Deliver 5 abdominal thrusts-correct location	12/10	
Correct fist fixture	12/10	
Proper stroke	12/10	
How many strokes?	16	
<i>Total possible points</i>	<i>100</i>	

Child Conscious Choking / UC in arms		
Are you OK....keep coughing!!	12	
Position your body behind victim	12	
Kneel if necessary	12	
Deliver 5 back blows	12/10	
Deliver 5 abdominal thrusts-correct location	12/10	
Correct fist fixture	12/10	
Proper stroke	12/10	
How many strokes?	16	
<i>Total possible points</i>	<i>100</i>	

"Emergency Response"

Adult Rescue Breathing		
Conscious check	6	
Open the airway-HTCL	6	
Check for signs of breathing-10 seconds	6	
Give two slow breaths	6	
Proper seal	6	
Check for signs of circulation-10 seconds	6	
Use index and middle finger	6	
Palm down	6	
Correct hand	6	
Same side	6	
Correct pulse site	6	
Begin giving 1 breath every 5 seconds	12	
Proper count/rhythm	6	
Cycle check	10	
How many cycles before you check pulse?	6	
<i>Total possible points</i>	<i>100</i>	

Child Rescue Breathing		
Conscious check	6	
Open the airway-HTCL	6	
Check for signs of breathing-10 seconds	6	
Give two slow breaths	6	
Proper seal	6	
Check for signs of circulation-10 seconds	6	
Use index and middle finger	6	
Palm down	6	
Correct hand	6	
Same side	6	
Correct pulse site	6	
Begin giving 1 breath every 3 seconds	12	
Proper count/rhythm	6	
Cycle check	10	
How many cycles before you check pulse?	6	
<i>Total possible points</i>	<i>100</i>	

Adult Unconscious Choking		
1 Conscious check/Open airway-HTCL	10	
2 Check for signs of breathing-10 seconds	5	
3 Give two slow breaths	10	
4 Proper seal	5	
5 Retilt head	5	
6 Give two slow breaths	10	
7 Proper seal	5	
8 Perform 5 chest compressions	10	
9 Proper location	5/10	
10 Perform visual check	5/20	
11 Give two slow breaths	5/10	
12 Proper seal	10/6	
13 Repeat steps 8-12/How many cycles?	15/4	
<i>Total possible points</i>	<i>100</i>	

Child Unconscious Choking		
1 Conscious check/Open airway-HTCL	10	
2 Check for signs of breathing-10 seconds	5	
3 Give two slow breaths	10	
4 Proper seal	5	
5 Retilt head	5	
6 Give two slow breaths	10	
7 Proper seal	5	
8 Perform 5 chest compressions	10	
9 Proper location	5/10	
10 Perform visual check	5/20	
11 Give two slow breaths	5/10	
12 Proper seal	10/6	
13 Repeat steps 8-12/How many cycles?	15/4	
<i>Total possible points</i>	<i>100</i>	

*victim can go unconscious in your arms

*victim can go unconscious in your arms

Infant CPR		
Conscious check	5	
Open the airway-HTCL	5	
Check for signs of breathing-10 seconds	5	
Give two slow breaths	5	
Proper seal	5	
Check for signs of circulation-10 seconds	5	
Use index and middle finger	5	
Palm down	5	
Correct hand	5	
Same side	5	
Correct pulse site	5	
Locate compression spot	5	
Perform 30 compressions	10	
Straight compressions	5	
Proper rhythm	5	
Give two slow breaths	5	
Proper seal	5	
Cycle check	5	
How many cycles before you check pulse?	5	
Total possible points	100	

Infant Conscious Choking / UC in arms		
Perform 5 back blows	40/20	
Perform 5 chest compressions	40/20	
Proper location	10	
How many cycles?	10	
Total possible points	100	

2 Man CPR (on scene)-Adult/Child-Infant		
Conscious check	5	
Open the airway-HTCL	5	
Check for signs of breathing-10 seconds	5	
Give two slow breaths	5	
Proper seal	5	
Check for signs of circulation-10 seconds	5	
Use index and middle finger	2	
Palm down	3	
Correct hand	5	
Same side	5	
Correct pulse site	5	
2nd rescuer locate compression spot	5	
2nd rescuer perform 30/15 compressions	10	
Arms straight	5	
Shoulders over compression spot	5	
Proper rhythm	5	
1st rescuer give 2 breaths	8	
Proper seal	2	
Cycle check	5	
How many cycles before you check pulse?	5	
Total possible points	100	

AED		
Conscious check	5	
Open the airway-HTCL	5	
Check for signs of breathing-10 seconds	5	
Give two slow breaths	5	
Proper seal	5	
Check for signs of circulation-10 seconds	5	
Use index and middle finger	2	
Palm down	3	
Correct hand	5	
Same side	5	
Correct pulse site	5	
Open AED	10	
Turn on AED	10	
Connect pads to AED	10	
Correct pad placement	10	
Listen and follow directions of AED	10	
Total possible points	100	

*victim can go unconscious in your arms

Infant Rescue Breathing		
Conscious check	6	
Open the airway-HTCL	6	
Check for signs of breathing-10 seconds	6	
Give two slow breaths	6	
Proper seal	6	
Check for signs of circulation-10 seconds	6	
Use index and middle finger	6	
Palm down	6	
Correct hand	6	
Same side	6	
Correct pulse site	8	
Begin giving 1 breath every 3 seconds	8	
Proper count	8	
Cycle check	10	
How many cycles before you check pulse?	6	
Total possible points	100	

Infant Unconscious Choking-approach		
1 Conscious check/Open airway-HTCL	10	
2 Check for signs of breathing-10 seconds	5	
3 Give two slow breaths	10	
4 Proper seal	5	
5 Retilt head	10	
6 Give two slow breaths	10	
7 Proper seal	5	
8 Perform 5 chest compressions	10/10	
9 Proper location	5/10	
10 Perform visual check	5/20	
11 Give two slow breaths	5/10	
12 Proper seal	5/6	
13 Repeat steps 8-11/How many cycles?	15/4	
Total possible points	100	

2 Man CPR (join in)-Adult/Child-Infant		
1 Conscious check	2	
2 Open the airway-HTCL	1	
3 Check for signs of breathing-10 seconds	1	
4 Give two slow breaths	1	
5 Proper seal	2	
6 Check for signs of circulation-10 seconds	3	
7 Use index and middle finger	3	
8 Palm down	3	
9 Correct hand	3	
10 Same side	3	
11 Correct pulse site	3	
12 Locate compression spot	3	
13 Perform 30 chest compressions	3	
14 Arms straight	3	
15 Shoulders over compression spot	3	
16 Proper rhythm	3	
17 Give two breaths	3	
18 Proper seal	6	
19 2nd rescuer identifies him/herself	3	
20 2nd rescuer finds compression spot	3	
21 2nd resc.-30/15 compressions/1st resc.-2 breaths	3	
22 Arms straight	3	
23 Shoulders over compression spot	3	
24 Proper rhythm	3	
25 2nd rescuer calls for switch	3	
26 2nd rescuer checks pulse	3	
27 1st rescuer finds compression spot	3	
28 1st rescuer performs 30/15 compressions	3	
29 Arms straight	3	
30 Shoulders over compression spot	3	
31 Proper rhythm	3	
32 2nd rescuer gives 2 breaths	3	
33 Repeat steps 28-32	3	
34 Cycle check	3	
35 How many cycles before you check pulse?	3	
Total possible points	100	

Measuring Blood Pressure (Palpation)

1. Position cuff
2. Locate radial pulse
3. Inflate cuff beyond point where pulse disappears.
4. Deflate cuff slowly until pulse returns.

This is the approximate systolic blood pressure.

5. Quickly deflate cuff.

Measuring Blood Pressure (Auscultation)

1. Perform steps 1-5 from above.
2. Locate brachial pulse.
3. Position stethoscope.
4. Inflate cuff 20 mmHg beyond approximate systolic blood pressure.
5. Deflate cuff slowly until pulse is heard (**systolic**, aka top number)
6. Continue deflating cuff until you hear last pulse (**diastolic**, aka bottom number)
7. Quickly deflate cuff.
8. Record the numbers (Systolic/Diastolic)