

Sports CPR Cardiac Arrest Protocol Sheet

Witnessed event Untrained bystanders present Casualty, unresponsive and not breathing effectively

| Accident Procedure | | Rescue Sequence | | ✓ |
|--------------------|-----------|--|---|---|
| A | Assess | Safety for yourself, others and the casualty Cross contamination dangers Alert Response. No response Control helpers | Stop Look Consider personal protection Shout command/question Squeeze shoulders “No phoning yet! Silence needed to assess casualty!” | |
| | Airway | Open airway Maintain airway | Head tilt Lift chin Keep head tilted & chin lifted | |
| B | Breathing | Is breathing normal? Breathing absent or agonal | Look Listen Feel (no more than 10 sec) | |
| | | Go for HELP/AED Safety for All | Ask helper(s) present to phone/go for help/AED Ask helper(s) to ensure sports session ceases | |
| C | CPR | Immediate CPR Best Position Find correct hand position Find best compression position Chest compressions Correct Rate of compression. | Commence CPR Kneel by Side Heel of hand in centre of chest Fingers interlocked/crossed Arms straight and vertical 30 compressions Depth 5-6cm Rate 100 - 120 per min | |
| | | Open and maintain airway Perform emergency breathing | Head tilt Lift chin Pinch nose Open mouth Chin lift maintained First breath 1 sec Let chest fall Second breath 1 sec | |
| | | Efficient CPR for 2 minutes Prepare rescuer to take over Alternate rescuers every 2 minutes Efficient CPR | 30 chest compressions 2 breaths A number of further cycles giving instruction Change operator without interruption (6 CPR cycles) Continuously | |

Student name

Witness