

Cardiac Arrest CPR – Phone & AED Available

Unwitnessed event. Single rescuer with phone. AED immediately available. Casualty is unresponsive and not breathing normally.

Accident procedure		Rescue sequence	✓
A	Assess	Stop. Look. Consider personal protection.	
	Alert?	Shout question/command and touch shoulders. No response – shout for assistance.	
	Airway	Head tilt and chin lift using finger tips under point of casualty's chin. Keep head tilted and chin lifted as before.	
B	Breathing?	Look. Listen. Feel. Whilst keeping airway open, for no more than 10 seconds. Breathing absent or not normal.	
C	AED & CPR	Phone emergency services and activate speaker function. Collect AED from wall and start it. Attach pads effectively to casualty as shown in diagram on kit. Listen and follow AED instructions.	
		Press down in the centre of the chest to a depth of 5 – 6 cm. 30 compressions. Rate 100 – 120 per minute.	
		Head tilt and chin lift maintained. Pinch nose. Attempt 2 breaths of 1 second.	
		30 compressions. 2 breaths. Continue CPR cycles and follow AED instructions.	

When to stop CPR? Discuss.

Candidate name (print): _____

Witnessed by (signature): _____