

Cardiac Arrest CPR Protocol Sheet

Unwitnessed event Single rescuer Phone around the corner Casualty is unresponsive and not breathing effectively

Accident Procedure		Rescue Sequence		✓
A	Assess	Environmental dangers. Cross contamination dangers.	Stop. Look. Consider personal protection.	
	Alert	Check for an alert response. No response	Shout command/question & touch shoulders. Shout for HELP.	
	Airway	Open airway. Maintain airway.	Head tilt & chin lift using finger tips under point of casualty's chin. Keep head tilted & chin lifted as before.	
B	Breathing	Is breathing normal? Breathing absent or not normal	Look. Listen. Feel. (no more than 10 seconds)	
C	CPR	Get HELP. Return & ensure safety for all.	Phone for HELP. Ask if AED is available on site. Stop. Look.	
		Best position. Find correct hand position. Find best compression position. Chest compressions. Correct rate of compression.	Kneel by the side of the casualty. Heel of hand in centre of chest. Fingers interlocked or hands crossed. Arms straight & vertical. Press down to a depth of 5 – 6 cm. 30 compressions. Rate 100 – 120 per minute.	
		Open airway. Maintain airway. Perform emergency breathing.	Head tilt. Chin lift. Pinch nose. Open mouth. Chin lift maintained. Perform 2 breaths of 1 second letting chest fall between breaths.	
		Efficient CPR.	30 compressions. 2 breaths. Continuously (30:2).	

When to stop CPR? Discuss

Student Name (Print): _____

Sequence Completed? (Circle): YES NO

Witnessed by (signature): _____

Trainer/Internal Assessor use only:

Signature:

Date:

Trainer (IA) to sign when they have observed the candidate performing sequence unprompted & without omissions or errors.