

PLc [2]

Adult CPR Cardiac Arrest Protocol Sheet

Unwitnessed event

Single rescuer

Phone around the corner

Casualty, unresponsive and not breathing effectively

Accident Procedure		Rescue Sequence		✓
A	Assess	Environmental dangers	Stop Look	
		Cross contamination dangers	Consider personal protection	
		Alert response?	Shout command/question Touch/squeeze shoulders	
		No response	Shout for HELP	
A	Airway	Open airway	Head tilt Lift chin	
		Maintain airway	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 Safety for all	Phone for help Ask for AED Stop Look	
C	CPR	Best position	Kneel by the side	
		Find correct hand position	Heel of hand in centre of chest	
		Find best compression position	Fingers interlocked or hands crossed Arms straight & vertical	
		Chest compressions	Depth 5 - 6cms 30 compressions	
		Correct rate of compression	Rate 100 – 120 per min	
		Open and maintain airway	Head tilt Lift chin Pinch nose Open mouth Chin lift maintained	
		Perform emergency breathing	First breath 1 second Let chest fall Second breath 1 second	
		Efficient CPR	30 chest compressions 2 breaths Continuously	

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.