



Candidate: _____

Date: _____

Must See's			<input checked="" type="checkbox"/> If Done Correctly
Assessment of environment for hazards			
Establish unresponsiveness			
Open the airway and check breathing for 5 seconds (max 10 seconds)			
Have a bystander activate EMS and obtain an AED			
If breathing is absent or abnormal and the AED is not present , start CPR with compressions (30 compressions: 2 rescue breaths)			
If breathing is absent or abnormal and the AED is present , expose the victim's chest and initiate the AED protocol.			
<input checked="" type="checkbox"/>	CPR Protocol	AED Protocol	<input checked="" type="checkbox"/>
	Expose victims chest and apply proper landmarking	** Do not apply an AED on an infant**	
	Adult - At least 5cm (2in) Child - About 5cm (2in) Infant - About 4cm (1.5in)	When the AED arrives, turn on the power and follow the prompts	
	30 compressions: 2 ventilations (1 second each)	Shave and dry chest if necessary	
	Compression rate of at least 100/min (18 seconds for 30 compressions)	Proper positioning of pads on victim and connection to AED	
	Full chest recoil	Do not touch victim during analysis and shock prompts	
	Proper landmarking	Proper response to all voice prompts or machine indicators	
	Interruption in chest compressions under 10 seconds	Initiate 2 mins of CPR immediately after a shock or "no shock" prompt	
On-going Care			<input checked="" type="checkbox"/>
If victim shows signs of life, reassess ABC's and treat appropriately			
Do not turn off or disconnect the AED until EMS takes over			
Rescuer safety demonstrated throughout			

Instructor: _____

Complete

Needs more practice



LIFESAVING SOCIETY®

The Lifeguarding Experts

TWO RESCUER CPR & AED

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Assessment of environment for hazards			
Establish unresponsiveness			
Open the airway and check breathing for 5 seconds (max 10 seconds)			
Have a bystander activate EMS and obtain an AED			
If breathing is absent or abnormal and the AED is not present , start CPR with compressions (30 compressions: 2 rescue breaths)			
If breathing is absent or abnormal and the AED is present , expose the victim's chest and initiate the AED protocol.			
<input checked="" type="checkbox"/>	Rescuer #1	Rescuer #2	<input checked="" type="checkbox"/>
	Expose victim's chest and apply proper landmarking	** Do not apply an AED on an infant**	
	Adult - At least 5cm (2in) Child - About 5cm (2in) Infant - About 4cm (1.5in)	Identifies self as CPR trained and confirms EMS activation and presence of an AED	
	30 compressions: 2 ventilations (1 second each)	Turns on the AED and follows the prompts	
	Compression rate of at least 100/min (18 seconds for 30 compressions)	Shave and dry chest if necessary	
	Full chest recoil	Position pads on chest while CPR is being performed	
	Proper landmarking	Do not touch victim during analysis and shock prompts	
	Interruption in chest compressions under 10 seconds	Proper response to all voice prompts or machine indicators	
	Rescuers should rotate every 2 minutes and initiate CPR immediately after a shock or "no shock" prompt		
On-going Care			<input checked="" type="checkbox"/>
If victim shows signs of life, reassess ABC's and treat appropriately			
Do not turn off or disconnect the AED until EMS takes over			
Rescuer safety demonstrated throughout			

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Must See's			<input checked="" type="checkbox"/> If Done Correctly
Assessment of environment for hazards			
Assessment of degree of obstruction – ask “Are you choking?”			
Rescuer identifies self – ask “Can I help?”			
<input checked="" type="checkbox"/>	Mild Obstruction	Severe Obstruction	<input checked="" type="checkbox"/>
	Coughing encouraged	Shout for help	
		Alternating 5 abdominal thrusts and 5 back blows until the airway is clear	
	Reassurance for victim	Alternating 5 chest thrusts and 5 back blows for obese or pregnant patients	
	Watch for signs of a severe obstruction to include high pitched wheezing, cyanosis or sudden inability to speak, breath or cough	Abdominal thrusts: stand behind victim, place thumb side of fist slightly above the navel. Grasp fist with other hand and give quick, firm inward and upward thrusts	
		Back blows: with the patient’s airway parallel to the ground; give 5 firm back blows with the heel of the hand between the shoulder blades	
		Chest thrusts: stand behind victim, place fist in centre of chest and perform thrusts (like CPR)	
	If successful, victim directed to see a physician to rule out complications from the obstruction or treatment		
If victim becomes unresponsive			<input checked="" type="checkbox"/>
Activate Emergency Medical System (EMS)			
Do 30 chest compressions then check the mouth before attempting to ventilate			
If unsuccessful, reposition the airway and re-attempt to ventilate			
If unsuccessful, repeat sequence (reposition head, re-attempt to ventilate, chest compressions, foreign body check) until successful			
If successful continue CPR sequence			

Instructor: _____

Complete

Needs more practice



Candidate: _____

Date: _____

Must See's			<input checked="" type="checkbox"/> If Done Correctly
Assessment of environment for hazards			
Assessment of degree of obstruction			
Rescuer identifies self to caregiver– ask “Can I help?”			
<input checked="" type="checkbox"/>	Mild Obstruction	Severe Obstruction	<input checked="" type="checkbox"/>
	Coughing encouraged	Shout for help	
	Reassurance for victim	Alternating 5 back blows and 5 chest thrusts until the airway is clear	
	Watch for signs of a severe obstruction to include high pitched wheezing, cyanosis or sudden inability to speak, breath or cough	Back blows: with the infants head lower (closer to the ground) than the body; give 5 firm back blows with the heel of the hand between the shoulder blades	
		Chest thrusts: with the infant on a firm surface, landmark one finger below the nipple-line and use two fingers to administer chest trusts (about 4cm or 1.5in)	
	If successful, victim directed to see a physician to rule out complications from the obstruction or treatment		
If victim becomes unresponsive			<input checked="" type="checkbox"/>
Activate Emergency Medical System (EMS)			
Do 30 chest compressions then check the mouth before attempting to ventilate			
If unsuccessful, reposition the airway and re-attempt to ventilate			
If unsuccessful, repeat sequence (reposition head, re-attempt to ventilate, chest compressions, foreign body check) until successful			
If successful continue CPR sequence			

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Have a bystander activate EMS and obtain an AED	
If breathing is absent or abnormal and the AED is not present , start CPR with compressions (30 compressions: 2 rescue breaths)	
If breathing is absent or abnormal and the AED is present , expose the victim's chest and initiate the AED protocol (do not apply AED to infant) <i>**The AED will not be present for this item, the purpose is to evaluate the candidates ability to clear an obstruction from the airway**</i>	
After the first 30 compressions, attempt to ventilate	
If unsuccessful, reposition the airway and re-attempt to ventilate	
If unsuccessful, repeat sequence (reposition head, re-attempt to ventilate, chest compressions, foreign body check) until successful	
If successful continue with CPR and AED sequence	
If victim shows signs of life, reassess ABC's and treat appropriately	
Do not turn off or disconnect the AED until EMS takes over	
Rescuer safety demonstrated throughout	

Instructor: _____

Complete

Needs more practice