

Adult CPR and AED

Skills Testing Critical Skills Descriptors

1. **Assesses victim and activates emergency response system (this *must* precede starting compressions) within a maximum of 30 seconds. After determining that the scene is safe:**
 - Checks for responsiveness by tapping and shouting
 - Shouts for help/directs someone to phone 216-368-3333 if on CWRU campus or 911 if not *and* get AED
 - Checks for no breathing or no normal breathing (only gasping)
 - Scans from the head to the chest for a minimum of 5 seconds and no more than 10 seconds
2. **Cycle 1: Performs high-quality chest compressions (initiates compressions immediately after recognition of cardiac arrest)**
 - Correct hand placement
 - Lower half of the breastbone
 - 2-handed (second hand on top of the first)
 - Compression rate of 100 to 120/min
 - Delivers 30 compressions in 15 to 18 seconds
 - Compression depth and recoil—at least 2 inches (5 cm)
 - Use of a commercial feedback device/manikin is highly recommended
 - Complete chest recoil after each compression
3. **Cycle 1: Provides 2 breaths by using a barrier device**
 - Opens airway adequately
 - Uses a head tilt–chin lift maneuver
 - Delivers each breath over 1 second
 - Delivers breaths that produce visible chest rise
 - Avoids excessive ventilation
 - Resumes chest compressions in less than 10 seconds
4. **Cycle 2: Performs same steps for compressions and breaths as in Cycle 1**
5. **AED use**
 - Powers on AED
 - Turns AED on by pushing button or lifting lid as soon as it arrives
 - Correctly attaches pads
 - Places proper-sized pads for victim’s age in correct location
 - Clears for analysis
 - Clears rescuers from victim for AED to analyze rhythm (pushes analyze button if required by device)
 - Verbalizes and visually demonstrates to stay clear of the person
 - Clears to safely deliver shock
 - Verbalizes and visually demonstrates to stay clear of the person
 - Presses button to deliver a shock
 - Resumes chest compressions immediately after shock delivery
 - Does *not* turn off AED during CPR
6. **Cycle 3: Performs same steps for compressions and breaths as in Cycle 1**