



MEDIC
First Aid

**AMERICAN SAFETY &
HEALTH INSTITUTE**



ADULT FIRST AID | CPR AED

skill guide
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Please note: The scenarios and treatment sequences depicted in this program are fictitious dramatizations. Consequently, they represent an imperfect simulation of reality. To clearly demonstrate skills, first aid and/or CPR AED providers may not always be shown wearing appropriate PPE.

PROCEDURE FOR PEDIATRIC CPR AED

CPR AED PROVIDER

PERFORM AN ASSESSMENT

Assess
Scene Safety

Take
Standard Precautions*

Assess
Responsiveness

Activate
EMS and/or EAP†

Send Someone to
Get a First Aid Kit & AED
(unless readily available to you)

ASSESS BREATHING FOR NO MORE THAN 10 SECONDS

UNRESPONSIVE, BREATHING NORMALLY

► MAINTAIN AN OPEN AIRWAY

- ✓ Place an uninjured, unresponsive child on their side in the recovery position to help protect the airway.
- ✓ Cradle an infant in your arms, with their head tilted downwards.
- ✓ Give naloxone for suspected opioid overdose (if available).

UNRESPONSIVE, NOT BREATHING NORMALLY OR ONLY GASPING

► START CONVENTIONAL CPR

- ✓ Position child or infant on a firm, flat surface.
- ✓ Perform cycles of 30 high-quality chest compressions and 2 rescue breaths.‡
- ✓ If alone after about 2 minutes, activate EMS and/or EAP and get an AED (if not already done).
- ✓ Return to the infant or child, continue CPR, and use the AED.
- ✓ Give naloxone for suspected opioid overdose (if available).

UNRESPONSIVE, NOT BREATHING NORMALLY. USE THE AED AS SOON AS IT IS AVAILABLE.
APPLY PADS TO PERSON'S BARE CHEST. FOLLOW AED PROMPTS.

SHOCK ADVISED?

YES

NO

- ✓ Clear the child/infant.
- ✓ Give 1 shock.
- ✓ Immediately resume high-quality CPR.
- ✓ Follow AED prompts.
- ✓ Immediately resume high-quality CPR.
- ✓ Follow AED prompts.

CONTINUE UNTIL OTHER CPR OR EMS PROVIDERS TAKE OVER OR THE PERSON STARTS RESPONDING
(BREATHING, MOVING, REACTING).

* Use appropriate personal protective equipment (PPE) to protect against possible exposure to infectious agents. PPE may include gloves, goggles or face shields, surgical masks, gowns, respirators, and CPR masks. Wash your hands immediately after removing gloves.

† If you are not sure an emergency exists or when any child or infant is unresponsive, badly hurt, looks or acts very ill, or quickly gets worse - call 911 to activate Emergency Medical Services (EMS) using a mobile device and/or activate your emergency action plan (EAP). Listen to the dispatcher's instructions.

‡ In the case of drowning, begin with 2 rescue breaths. Child compressions: Push in the middle of the chest about 2 inches (5 cm) with one or two hands. Infant Compressions: Push in the middle of the chest about 1 ½ inches (4 cm) with 2-Finger Technique or 2-Thumb Encircling-Hands Technique. Rescue breaths are extremely important for infants and children. If CPR providers are unwilling or unable to deliver breaths, perform compression-only CPR, as it is preferable to no CPR.

ADULT – USING A CPR MASK

one POSITION MASK

- Place an adult CPR mask flat on the person's face with the top of the mask over the bridge of the nose.



two OPEN AIRWAY

- Tilt the head and lift the chin to open the airway.
- Lift the person's face up into the mask to create an airtight seal.



three DELIVER BREATHS

- Give 2 rescue breaths by blowing through the valve opening.
- Each breath is 1 second in length.
- Give enough air to create a visible rise of the chest, but no more.



ADULT – COMPRESSION-ONLY CPR* (OPTIONAL)

* For adults and teens in cardiac arrest, untrained bystanders and persons not trained in CPR should perform compression-only CPR, with or without dispatcher assistance. CPR using chest compressions with rescue breaths should be provided to infants and children in cardiac arrest. If unwilling or unable to deliver breaths, perform compression-only CPR, as it is preferable to no CPR.

one ASSESS SCENE & RESPONSIVENESS

- Assess scene safety, taking standard precautions.
- If the scene is safe, assess responsiveness. If the person appears unresponsive, tap them, and ask loudly, **“Are you okay?”**



two ACTIVATE EMS/EAP

- If the person is unresponsive, activate EMS and/or your EAP. Follow the dispatcher's instructions.
- Send someone to get a first aid kit and an AED (unless readily available to you).



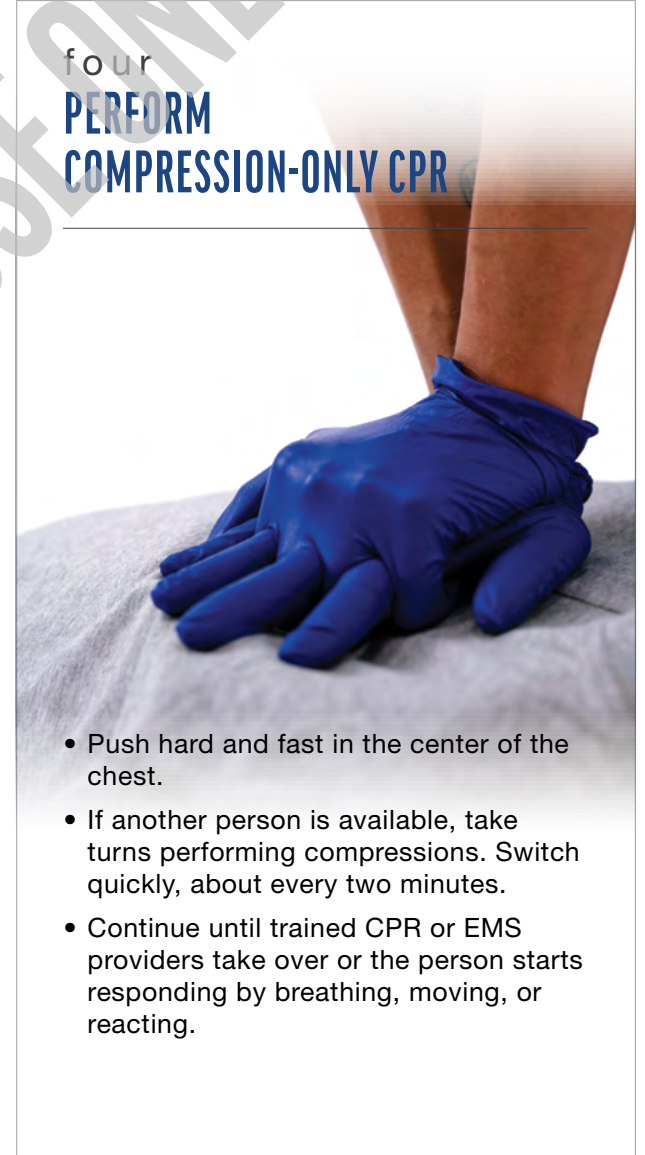
three ASSESS BREATHING

- If an unresponsive adult or teen is not breathing normally or only gasping, start compression-only CPR.
- Position the adult or teen face up on a firm, flat surface.



four PERFORM COMPRESSION-ONLY CPR

- Push hard and fast in the center of the chest.
- If another person is available, take turns performing compressions. Switch quickly, about every two minutes.
- Continue until trained CPR or EMS providers take over or the person starts responding by breathing, moving, or reacting.



SCENARIO SHEET ELEVEN

[Fill in the blank to adjust to your occupational setting: manufacturing, construction, maritime, office setting, school setting, etc.]

You are a designated first aid provider responding to [a wireless emergency alert on your phone] for a person stung by a bee. As you reach the scene, you see [a building maintenance worker] sitting on the [ground next to the back entrance to the building]. The person, speaking in a hoarse voice, says they were [changing a burnt-out security light] and disturbed a beehive in the wall. They got stung multiple times in the head and face by bees. You have disposable gloves and a first aid kit. Your organization stocks epinephrine autoinjectors and stores them nearby in the [front main office], where an AED is also kept. Demonstrate what actions you would take next.

PROCEDURE	PROVIDER ACTION (PERFORMANCE CRITERIA)	PROMPTER
Assess Scene Safety	<ul style="list-style-type: none"> ▶ Pause and make sure the scene is safe for you and the person. ▶ Take or verbalize standard precautions with appropriate PPE. 	<p><i>Scene is safe.</i></p> <p><i>Take or verbalize standard precautions with appropriate PPE.</i></p>
Activate EMS and/or EAP	<ul style="list-style-type: none"> ▶ Activate EMS and/or EAP. ▶ Send someone to get a first aid kit, an epinephrine autoinjector, and an AED (unless readily available to you). 	<p><i>Activated. EMS is on the way.</i></p> <p><i>The equipment is being brought to you.</i></p>
Assess Breathing	<ul style="list-style-type: none"> ▶ Assess breathing for no more than 10 seconds 	<p><i>Person is breathing.</i></p>
Obtain Consent	<ul style="list-style-type: none"> ▶ Introduce yourself and ask, "May I help you?" 	<p><i>Person nods their head in consent.</i></p>
Assesses for Life-Threatening Conditions	<ul style="list-style-type: none"> ▶ Quickly scan the person for life-threatening conditions. 	<p><i>The person is in obvious distress; sweaty, trembling, wheezing, and coughing. Their eyes are swollen shut. Their face and lips are rapidly swelling.</i></p>
Immediately Provide Appropriate First Aid	<ul style="list-style-type: none"> ▶ Allow the person to find the most comfortable position in which to breathe. 	<p><i>Person wants to sit up.</i></p>

PROCEDURE	PROVIDER ACTION (PERFORMANCE CRITERIA)	PROMPTER
Perform a Secondary Assessment	<ul style="list-style-type: none"> ▶ Look for medical identification jewelry. 	<p><i>Person is wearing a Medical Alert Bracelet on wrist that states, "Bee Sting Allergy."</i></p> <p><i>[Hand the first aid provider an epinephrine autoinjector trainer.]</i></p> <p><i>Here's an EpiPen®. The person is distressed and needs help to use it.</i></p>
Use an Epinephrine Autoinjector	<ul style="list-style-type: none"> ▶ Grasp the EpiPen® [trainer] in fist with the orange tip pointing downward. ▶ Remove the blue safety release. ▶ Position the EpiPen® trainer near middle of person's outer thigh. ▶ Swing and firmly push orange tip at a 90-degree angle against thigh until it "clicks." ▶ Hold device firmly on thigh for 3 seconds. ▶ Remove the EpiPen® [trainer] from the thigh and massage the injection area for 10 seconds. 	
END SCENARIO. WHAT WENT RIGHT? WHAT NEEDED IMPROVEMENT?		

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