

ProTrainings, LLC Skill Evaluator Training

Skill Evaluator Training and Tools

Description:

The ProTrainings, LLC Skill Evaluator training is designed to prepare individuals to conduct hands-on skill evaluations for students who complete the blended course online for ProCPR and ProFirstAid courses.

Purpose:

ProTrainings, LLC skill evaluator certification provides individuals with the skills, tools, and knowledge to successfully evaluate student's CPR and First Aid skills. Upon successful completion, Evaluators can sign student certificates according to their level of training.

Course Design:

Prerequisite:

- Must have a current ProTrainings, LLC student/provider level certificate that is equal to the skill level of desired skill evaluator certificate.

Skill Evaluator Training:

- Total time: 4-8 hours
- Includes a blended combination of online training, live skills demonstration, practice teaching and skill assessment. The time for the online portion is dependent on the level of certification desired and individual student needs.
- Skill Evaluator Bridge– Submit a current equivalent CPR/FirstAid instructor certification from a recognized organization to be bridged to be a ProTrainings, LLC Instructor. Instructors must complete the ProTrainings student/provider level training for the equivalent instructor level of certification.

Certificate Awarded:

There are three levels of ProTrainings, LLC certified Skill Evaluators:

- ProCPR Skill Evaluator–*Can sign certificates for ProCPR, ProFirstAid Advanced, ProFirstAid, and ProFirstAid Basic*
- ProFirstAid Skill Evaluator–*Can sign certificates for ProFirstAid and ProFirstAid Basic*
- ProFirstAid Basic Evaluator– *Can sign certificates for ProFirstAid Basic*

Each skill evaluator certificate is valid for 2 years. Skill Evaluators must complete a minimum of 2 skill evaluations per year and complete all updates as required in order to renew the certification. Also one can submit a current equivalent instructor certification from another recognized organization for skill evaluator certificate renewal.

ProTrainings, LLC Blended Courses

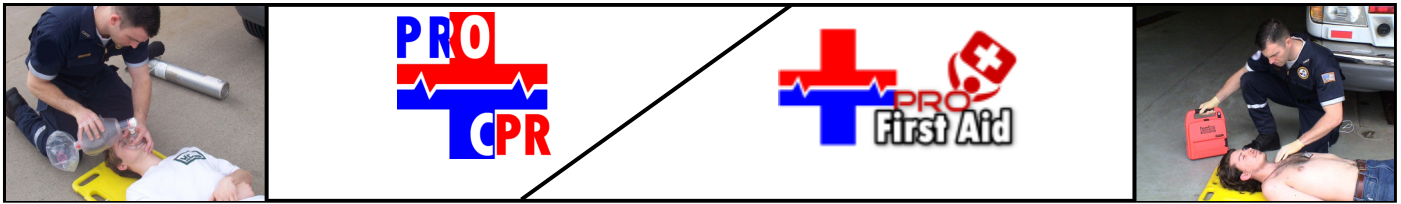
Blended Course (*Active for a 2 year period*): An individual completes cognitive training and testing online by watching video segments, completing activities, and passing a written test. A hands-on skills session for skills practice and evaluation by a registered ProTrainings, LLC Instructor or Skill Evaluator is required to complete the certification process.

<u>Certification</u>	<u>Format</u>	<u>Training URL</u>
<u>Accredited 2 Year Certification</u>	<u>Blended</u>	
ProCPR: Healthcare Provider Adult/Child/ & Infant CPR/AED <i>2 year certification</i>	Online training, testing, & required hands-on skill evaluation <i>Skill Eval Length: 45 min</i>	www.procpr.org
ProFirstAid Advanced Healthcare Provider Adult/Child/ & Infant CPR/AED & First Aid <i>2 year certification</i>	Online training, testing, & required hands-on skill evaluation <i>Skill Eval Length: 45 min</i>	www.advanced.profirstaid.com
ProFirstAid: Adult/Child/ & Infant CPR/AED & First Aid <i>2 year certification</i>	Online training, testing, & required hands-on skill evaluation <i>Skill Eval Length: 30 min</i>	www.profirstaid.com
ProFirstAid Basic: Adult CPR/AED & First Aid <i>2 year certification</i>	Online training, testing, & required hands-on skill evaluation <i>Skill Eval Length: 20 min</i>	www.basic.profirstaid.com

Skill Evaluator Materials

Skill evaluators will need the following materials:

- Skill Sheets for the appropriate certification level
- Student Checklists for the appropriate certification level
- Required manikins and equipment



Who needs the “Blended Course?”

1. Individuals who are getting certified for the first time
2. Individuals who have been informed by their company or licensing administration that they must have a hands-on skill evaluation

What is the “Blended Course?”

All training and written testing is completed online at www.procpr.org or www.profirstaid.com. Skills are then evaluated in-person by a registered ProTrainings Skill Evaluator or certified CPR Instructor.

How Can I become a Skill Evaluator?

Step 1: Complete the course online that you would like to be a skill evaluator for. Access the courses at www.procpr.org or www.profirstaid.com.

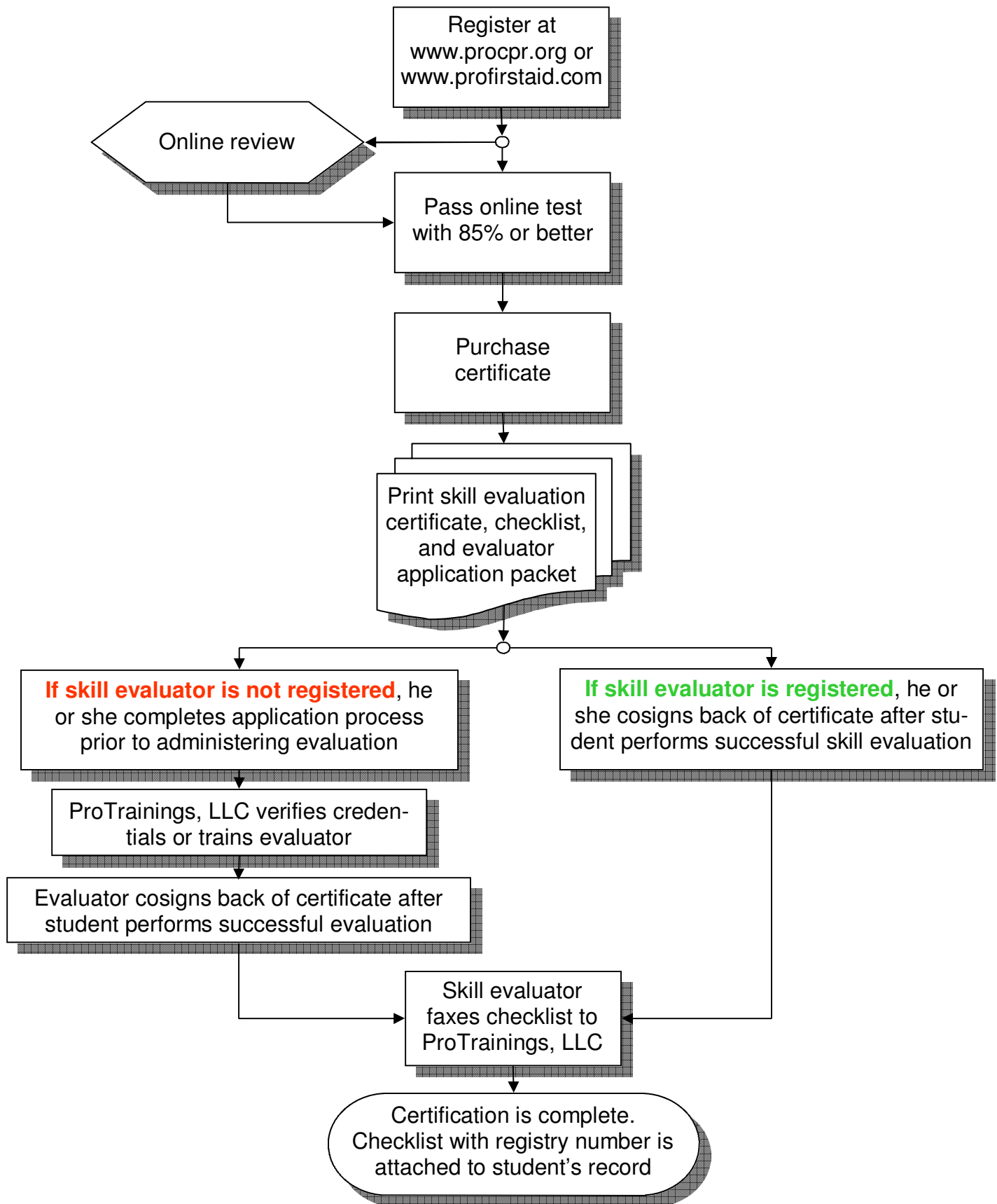
Step 2: Sign up at www.blendedcpr.com or complete the enclosed application and fax it back to us.

Step 3: Get trained by ProTrainings or bridged from another program. Currently certified CPR instructors can upload, fax, or email a copy of their instructor credentials. When the instructor credentials are verified, Instructors need to complete the ProTrainings student/provider level training for the equivalent instructor level of certification. If not currently certified as a CPR instructor you will need to complete the online skill evaluator training and a live class or video conference for the hands-on portion. Call to schedule your training class or video conference. The amount of training time is dependant upon the participant’s skills and training experience. You will need the following in order to complete the video conference:

1. A computer with a high speed internet connection with the minimum requirements listed below. *(Please verify that you have these minimum requirements before scheduling your training. If your work facility does not have these minimum requirements, often someone's home, library or community center may be available as an alternative to conduct the training.)*
 - PC running Windows® XP, Vista or 7 with at least a 1.8 GHz processor **OR** Mac computer running Mac OS X v10.3.9 (Panther) or newer with 800 MHz or faster processor.
 - Administrative rights in order to install the most recent version of SKYPE on the computer
 - Unrestricted Internet high-speed broadband connection with a sustained 1 Mbps bandwidth or higher
 - Speakers and microphone – built-in or separate, or a computer headset.
 - A high definition webcam. (We can supply the webcam if you do not have one.)
2. An uninterrupted block of time for a live video-conference.
3. CPR manikins and training equipment. (Please see our pricelist for what we have available.)



How Does the ProCPR and ProFirstAid Blended Course Work?



→ Healthcare Provider CPR ←



Skill Evaluation Checklist

1-888-406-7487 support@procpr.org

Skill Evaluator Signature: (Sign inside of box)

Registry # _____

Fax or email completed form to:

Fax: 810-592-5007 Email: support@procpr.org

Participant Names-- (Please Print)

Date: _____

Required Skill Scenarios

Rescue Breathing

Adult or Child CPR

Infant CPR

AED

Adult or Child Conscious Choking

Infant Conscious Choking

Adult or Child Unconscious Choking

Infant Unconscious Choking

Adult 2 rescuer CPR

Infant 2 rescuer CPR

Individual Skills –May be assessed while performed during skill scenarios.

Assessing the scene for safety

Using personal protective equipment:
Gloves
Face Shield/Rescue Mask
Bag Valve Mask

Assessing patient responsiveness

Checking for a pulse:
Adult and Child– Carotid Artery
Infant– Brachial Artery

Giving Compressions:
Adult- 2 hands on the center of the chest between the nipples.
Child– 1 or 2 hands on the center of the chest between the nipples.
Infant– 2 fingers on the center of the chest just below the nipples.
2 Rescuer Infant- 2 thumbs hands encircling chest technique

Opening the Airway using a head tilt chin lift

Giving rescue breaths:
Adult and Child– Covering mouth
Infant– Covering mouth and nose

Removing a foreign object


→ Healthcare Provider CPR & First Aid ←

<div style="display: flex; align-items: center;"> <div> Skill Evaluation Checklist 1-888-406-7487 support@procpr.org </div> </div> <div style="margin-top: 10px;"> Skill Evaluator Signature: (Sign inside of box) <div style="border: 1px solid black; height: 50px; width: 100%;"></div> </div> <div style="margin-top: 10px;"> Registry # _____ Fax or email completed form to: Fax: 810-592-5007 Email: support@procpr.org </div>	Participant Names-- (Please Print)	Date: _____
Required Skill Scenarios		
Adult or Child Rescue Breathing		
Adult or Child CPR		
Infant CPR		
AED		
Adult or Child Conscious Choking		
Infant Conscious Choking		
Adult or Child Unconscious Choking		
Infant Unconscious Choking		
Adult 2 rescuer CPR		
Infant 2 rescuer CPR		
Bleeding Control		
Individual Skills –May be assessed while performed during skill scenarios.		
Assessing the scene for safety		
Using personal protective equipment: Gloves Face Shield/Rescue Mask Bag Valve Mask		
Assessing patient responsiveness		
Checking for a pulse: <i>Adult and Child</i> – Carotid Artery <i>Infant</i> – Brachial Artery		
Giving Compressions: <i>Adult</i> - 2 hands on the center of the chest between the nipples. <i>Child</i> – 1 or 2 hands on the center of the chest between the nipples. <i>Infant</i> – 2 fingers on the center of the chest just below the nipples. <i>2 Rescuer Infant</i> - 2 thumbs hands encircling chest technique		
Opening the Airway using a head tilt chin lift		
Giving rescue breaths: <i>Adult and Child</i> – Covering mouth <i>Infant</i> – Covering mouth and nose		
Removing a foreign object		

→ Layrescuer Adult, Child, Infant CPR/AED & FirstAid ←

<div style="display: flex; align-items: center;"> <div> Skill Evaluation Checklist <small>1-888-406-7487 support@procpr.org</small> </div> </div> <div style="margin-top: 10px;"> Skill Evaluator Signature: (Sign inside of box) <div style="border: 1px solid black; height: 50px; width: 100%;"></div> </div> <div style="margin-top: 10px;"> Registry # _____ Fax or email completed form to: Fax: 810-592-5007 Email: support@procpr.org </div>	Participant Names– (Please Print)	Date: _____
Required Skill Scenarios		
Adult or Child CPR		
Infant CPR		
AED		
Adult or Child Conscious Choking		
Infant Conscious Choking		
Adult or Child Unconscious Choking		
Infant Unconscious Choking		
Bleeding Control		
Individual Skills –May be assessed while performed during skill scenarios.		
Assessing the scene for safety		
Using personal protective equipment: Gloves Face Shield/Rescue Mask		
Assessing patient responsiveness		
Giving Compressions: <i>Adult</i> - 2 hands on the center of the chest between the nipples. <i>Child</i> – 1 or 2 hands on the center of the chest between the nipples. <i>Infant</i> – 2 fingers on the center of the chest just below the nipples. <i>2 Rescuer Infant</i> - 2 thumbs hands encircling chest technique		
Opening the Airway using a head tilt chin lift		
Giving rescue breaths: <i>Adult and Child</i> – Covering mouth <i>Infant</i> – Covering mouth and nose		
Removing a foreign object		

→ Layrescuer Adult CPR/AED & FirstAid ←

	Skill Evaluation Checklist 1-888-406-7487 support@procpr.org	Participant Names– (Please Print)	Date: _____
Skill Evaluator Signature: (Sign inside of box) <div style="border: 1px solid black; height: 50px; margin: 10px 0;"></div> Registry # _____ Fax or email completed form to: Fax: 810-592-5007 Email: support@procpr.org			
Required Skill Scenarios			
Adult CPR			
AED			
Adult Conscious Choking			
Adult Unconscious Choking			
Bleeding Control			
Individual Skills –May be assessed while performed during skill scenarios.			
Assessing the scene for safety			
Using personal protective equipment: Gloves Face Shield/Rescue Mask			
Assessing patient responsiveness			
Giving Compressions: <i>Adult- 2 hands on the center of the chest between the nipples.</i>			
Opening the Airway using a head tilt chin lift			
Giving rescue breaths: <i>Adult– Covering mouth</i>			
Removing a foreign object			

ProTrainings, LLC. Skill Evaluator/Instructor Application and Agreement

Fax or email completed form to ProTrainings, LLC. Fax: 810-592-5007 Email: support@protrainings.com

ProTrainings LLC, 5005 Plainfield Ave NE Suite B, Grand Rapids, MI 49525

Personal Information:

First Name _____ Middle Initial _____ Last Name _____

Home Address _____ PO Box _____

City _____ State _____ Zip _____

Home Phone _____ Cell Phone _____

Email _____

Company Information: (Complete only if becoming a skill evaluator for a company or employer)

Organization _____ Title _____

Street Address _____ PO Box _____

City _____ State _____ Zip _____

Work Phone _____ Fax _____

Please check the correct boxes:

Training:

- ☐ I have a current CPR instructor certification– ***Fax or email a copy of the front and back of your certification with this application. After certification is verified a ProTrainings registry # will be issued.***
- ☐ I do not have a current CPR instructor certification– ***Call or email to schedule Skill Evaluator training. The training is completed through a blended program of online training and a live personal video conference for skills assessment.***

Equipment: Skill evaluators must own or have access to the required equipment to perform skill evaluations

- ☐ I have the following required equipment available to perform skill evaluations:

- ☐ **Adult Manikin**
☐ **Infant Manikin**
☐ **AED Trainer**
☐ **Bag Valve Mask**

- ☐ I do not have all of the required equipment. I need to purchase the following equipment:

- ☐ **Adult Manikin**
☐ **Infant Manikin**
☐ **AED Trainer**
☐ **Bag Valve Mask**

*****ProTrainings has high quality training equipment in stock available to purchase at discounted prices. For a complete pricelist, please call or email.***

Availability:

- ☐ I would like my information posted on www.blendedcpr.com so ProTrainings students in my area can be directed to me for skill evaluations. The cost is a \$49.95 one time charge. Please send check, call to charge to a credit card, or register and pay online at www.blendedcpr.com.
- ☐ I will charge students \$_____ to perform a skill evaluation (Average is \$20. ProTrainings allows a maximum of \$50)
- ☐ I will not charge for skill evaluations. (This is the normal choice for one who is already being paid by an employer and will only provide skill evaluations for other employees)
- ☐ I do not want my information made public.

I agree to abide by the evaluator/instructor agreement as established by ProTrainings LLC.

Evaluator/Instructor Applicant's Signature

Printed Name

Date

ProTrainings LLC Skill Evaluator/Instructor Agreement

As a ProTrainings Evaluator/Instructor, I agree to:

- Follow all the current policies, regulations and procedures of ProTrainings related to the conduct and administration of skill evaluations
- Maintain updated contact information and regular communication with ProTrainings
- Assist ProTrainings in resolving issues that may arise with participants
- Accept evaluation of responsibilities by ProTrainings staff
- Maintain a safe environment and proper equipment necessary for skill evaluations
- Provide honest and fair skill evaluations for participants
- Conduct the complete evaluation requirements for each participant and provide appropriate information to participants for the completion of their certification.
- Recognize that ProTrainings materials are copyrighted and may be reproduced only with the permission of ProTrainings
- Recognize that this Agreement remains in effect as long as the evaluator's requirements for authorization are maintained with ProTrainings
- I acknowledge that failure to follow agreements, policies, regulations and procedures related to the conduct and administration of ProTrainings may result in the immediate revocation of registration, terminating the ability to evaluate skills for participants to receive certification from ProTrainings.

No Evaluator shall:

- Authorize the use of the name, logo, endorsement, services, or property of ProTrainings , without the express permission of ProTrainings .
- Charge any fees or seek financial gain for services relating to ProTrainings above the skill evaluation fee.
- Disclose any confidential information that is available solely as a result of the affiliation with ProTrainings to any person not authorized to receive such information.
- Operate in any manner that is contrary to the best interest of ProTrainings .
- Operate against the best interests of ProTrainings where a conflict exists. If the interests of any organization in which he or she has a financial interest or with which he or she is affiliated conflicts, the Instructor shall disclose such conflict to ProTrainings as soon as he or she becomes aware of it.

ProTrainings is committed to providing the following for evaluators:

- Technical support and open communication
- Training, course curriculum and access to training materials
- Information and materials needed to properly evaluate skills and assist participants through the process of obtaining their certifications
- Maintain Evaluator and participant records
- Provide timely updates and information to Evaluators
- Provide a quality assurance program
- Assure that students receive their certification card who properly register online and successfully complete skill evaluation.

As a condition for using the ProTrainings , LLC Web based training and internet-based information products herein and/or maintaining an information access account, you expressly accept, without limitation or modification, the following conditions, terms, and notices:

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- (a) any errors in, inaccuracies, omissions, or other defects in authenticity of the information, including but not limited to content, technical inaccuracies and typographical errors, or
- (b) any failure of performance, error, omission, interruption, deletion, defect, delay in operation or transmission, computer virus, communication line failure, theft or destruction or unauthorized access to, alteration of, or use of record, whether for breach of contract, tortious behavior, negligence, or under any other cause of action.

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ProTrainings Instructor/Evaluator Training Checklist

1-888-406-7487 support@protrainings.com Fax: 810-592-5007
5005 Plainfield Ave NE, Suite B, Grand Rapids, MI 49525

Instructor/Evaluator Printed Name & Registry #:

Instructor Trainer's Signature & Registry #:

Signature Registry #

Training Date:

MM / DD / YYYY

The above name candidate is authorized as:

- ☐ ProCPR Instructor
☐ ProCPR Skill Evaluator
☐ ProFirstAid Instructor
☐ ProFirstAid Skill Evaluator
☐ ProFirstAid Basic Instructor
☐ ProFirstAid Basic Skill Evaluator



ProCPR Required Skill Scenarios	
Rescue Breathing	
Adult/Child CPR	
Infant CPR	
AED	
Adult/Child Conscious Choking	
Infant Conscious Choking	
Adult/Child Unconscious Choking	
Infant Unconscious Choking	
Adult 2 rescuer CPR	
Child/Infant 2 rescuer CPR	
Individual Skills –May be assessed while performed during skill scenarios.	
Assessing the scene for safety	
Using personal protective equipment: Gloves Face Shield/Rescue Mask Bag Valve Mask	
Assessing patient responsiveness	
Checking for a pulse: <i>Adult and Child</i> – Carotid Artery <i>Infant</i> – Brachial Artery	
Giving Compressions: Adult – 2 hands on the center of the chest between the nipples. Child – 1 or 2 hands on the center of the chest between the nipples. Infant – 2 fingers on the center of the chest just below the nipples. 2 Rescuer Infant – 2 thumbs hands encircling chest technique	
Opening the Airway using a head tilt chin lift	
Giving rescue breaths: <i>Adult and Child</i> – Covering mouth <i>Infant</i> – Covering mouth and nose	
Removing a foreign object	



ProFirstAid Required Skill Scenarios	
Adult or Child CPR	
Infant CPR	
AED	
Adult or Child Conscious Choking	
Infant Conscious Choking	
Adult or Child Unconscious Choking	
Infant Unconscious Choking	
Bleeding Control	
NOTE: Only Adult skills are required for ProFirstAid Basic certification.	
Individual Skills –May be assessed while performed during skill scenarios.	
Assessing the scene for safety	
Using personal protective equipment: Gloves Face Shield/Rescue Mask	
Assessing patient responsiveness	
Giving Compressions: <i>Adult</i> – 2 hands on the center of the chest between the nipples. <i>Child</i> – 1 or 2 hands on the center of the chest between the nipples. <i>Infant</i> – 2 fingers on the center of the chest just below the nipples	
Opening the Airway using a head tilt chin lift	
Giving rescue breaths: <i>Adult and Child</i> – Covering mouth <i>Infant</i> – Covering mouth and nose	
Removing a foreign object	

Instructor/Evaluator Requirements	
Practice Teaching 3 Scenarios	
Completed Online Training	
Has Current Student Certificate	
Completed Application	

Additional Instructor Requirements	
Instructor Dashboard Training	
Instructor Manual/DVD Training	

Notes:

Form is to be used by Instructor Trainers to certify Instructors and Skill Evaluators



Training Equipment



Skill Evaluator Training Kits- Everything you need to perform skill evaluations in one affordable kit.

\$345 ProCPR Skill Evaluator Kit— includes 1 Adult/Child Manikin, 1 Baby Manikin, 1 box of 100 Adult Lungs, 1 box of 100 Baby Lungs, 1 AED Trainer, 1 Bag Valve Mask, and 1 CPR Key Ring.

\$325 ProFirstAid Skill Evaluator Kit— includes 1 Adult/Child Manikin, 1 Baby Manikin, 1 box of 100 Adult Lungs, 1 box of 100 Baby Lungs, 1 AED Trainer, and 1 CPR Key Ring.

\$195 ProFirstAid Basic Skill Evaluator Kit- includes 1 Adult/Child Manikin, 1 box of 100 Adult Lungs, 1 AED Trainer, and 1 CPR Key Ring.



\$89 Adult/Child Manikin— The Economy SaniMan, manufactured by Simulaids, features a simple single use face shield lung system that means no cleaning, no disinfecting, and no disassembly required. The manikins include head tilt/chin lift feature to open the airway, tough vinyl skin for extended service, and a foamfilled torso for resistance to compressions, palpable landmarks to ensure proper hand placement, and observable chest rise to verify ventilation.



\$84 AED Trainer— Trainer mimics the features and prompts of many live AEDs. It features a play/pause button, toggle switches for two scenarios and two languages, English and Spanish. Includes adult and child pads. *Training device only. NO real shocks are delivered.



\$20 Bag Valve Mask— Complete with mask, O₂ reservoir bag, and O₂ tubing.



\$104 Baby Manikin- SaniBaby manufactured by Simulaids with the same features as the SaniMan Adult/Child manikin.



\$10 CPR Key Ring— (Blue, Brown, Black, Red) Be prepared with your own personal protective equipment on your keychain. Complete with a keychain pouch, one-way valve face shield, and a pair of gloves. Size is 2" x 3".



\$38 100 Adult Lungs— Latex free single use face shield lung system for adult manikin



\$31 100 Baby Lungs- Latex free single use face shield lung system for baby manikin

ProTrainings Equipment Order Form

Name _____

Address _____

City, State, Zip _____

Phone: _____

Send completed order form with check or money order to:

ProTrainings
5005 Plainfield Ave NE, Suite B
Grand Rapids, MI 49525

To pay by credit card, call 888-406-7487

Quantity	Item	Total
	Training Kit \$345, \$325, or \$195	
	\$89 Adult/Child Manikin	
	\$104 Baby Manikin	
	\$38 100 Adult Lungs	
	\$31 100 Baby Lungs	
	\$84 AED Trainer	
	\$20 Bag Valve Mask	
	\$10 CPR Key Ring	
Tax 6%(MI Residents)		
Shipping 11%		
Total		



ProTrainings Course Evaluation

Your feedback is important as it helps us to improve the quality of our training programs.
Please rate the following statements:

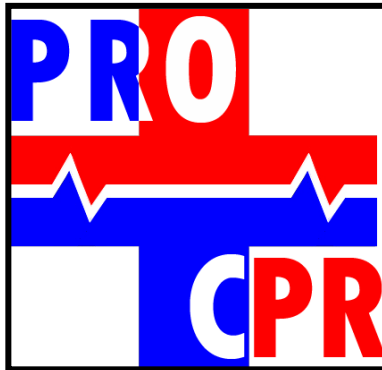
Date Course Completed: _____ Skill Evaluator's Name _____


<i>Organization of the activity:</i>	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
• I am satisfied with the training I received.	1	2	3	4	5
• I am satisfied with how the course was organized.	1	2	3	4	5
<i>Effectiveness of the Instructor:</i>					
• The instructor presented the information clearly.	1	2	3	4	5
• The instructor helped me to learn the information.	1	2	3	4	5
• The instructor presented the information professionally.	1	2	3	4	5
• My questions were answered appropriately.	1	2	3	4	5
<i>Quality of Teaching Methods:</i>					
• I am satisfied with the length and quantity of the training videos.	1	2	3	4	5
• I feel the training videos were high quality.	1	2	3	4	5
• I feel the testing accurately reflected the training received.	1	2	3	4	5
• I am satisfied with all of the training materials used.	1	2	3	4	5
• I am satisfied with the training format.	1	2	3	4	5
<i>Effectiveness of Skill Evaluator:</i>					
• I was able to complete my skill evaluation in a timely manner.	1	2	3	4	5
• The skill evaluator had all the necessary equipment and it was in good order.	1	2	3	4	5
• I received appropriate feedback from the skill evaluator.	1	2	3	4	5
• The skill evaluator was professional and fair.	1	2	3	4	5
<i>Please Share Any Additional Comments:</i>					


Skill Sheets

ProCPR: Healthcare Provider

Adult, Child, Infant CPR/AED



 Required Skill Scenarios
Adult or Child Rescue Breathing
Adult or Child CPR
Infant CPR
AED
Adult or Child Conscious Choking
Infant Conscious Choking
Adult or Child Unconscious Choking
Infant Unconscious Choking
Adult 2 rescuer CPR
Infant 2 rescuer CPR

 Individual Skills
Assessing the scene for safety
Using personal protective equipment: Gloves Face Shield Rescue Mask Bag Valve Mask
Assessing patient responsiveness
Checking for a pulse: <i>Adult and Child</i> – Carotid Artery <i>Infant</i> – Brachial Artery
Giving Compressions: <i>Adult</i> - 2 hands on the center of the chest between the nipples. <i>Child</i> – 1 or 2 hands on the center of the chest between the nipples. <i>Infant</i> – 2 fingers on the center of the chest just below the nipples. <i>2 Rescuer Infant</i> - 2 thumbs hands encircling chest technique
Opening the Airway using a head tilt chin lift
Checking for breathing
Giving rescue breaths: <i>Adult and Child</i> – Covering mouth <i>Infant</i> – Covering mouth and nose
Removing a foreign object

Adult Rescue Breathing



1



Check Scene:

Check for safety, apply gloves and prepare face shield.

2



Check Person:

Check for responsiveness by holding head still, tapping and shouting. Look at chest and face to determine no normal breathing.

3



Call 911:

If unresponsive or a life-threatening condition exists, send someone to call 911 and get an AED if available.

4



Check Pulse:

Place fingers in valley between neck muscle and wind pipe. Check the pulse for no more than 10 seconds.

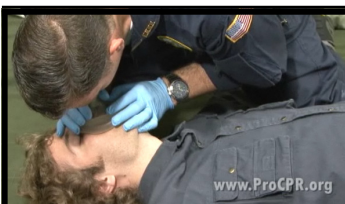
5



Open Airway:

If there is a pulse but no breathing, begin Rescue Breathing. Open Airway using a head tilt chin lift technique. Look in the mouth for any obstructions.

6



Rescue Breathing:

Give 1 breath every 5 seconds. Each breath should last 1 second and make the chest rise and fall. Reassess circulation every two minutes.

Scenario:

A man fell into a pond and was just pulled out of the water as you arrive. He appears to be unconscious. What would you do?

Required Equipment:
Adult Manikin



NOTE: If unsure a pulse exists, start CPR. Don't waste more critical time searching for a pulse.

When to stop:

- If the patient shows signs of life
- Trained personnel or EMS take over
- The scene becomes unsafe
- An AED is ready to use
- The rescuer is too exhausted to continue

Child Rescue Breathing



1



Check Scene:

Check for safety, apply gloves and prepare face shield.

2



Check Person:

Check for responsiveness by holding head still, tapping and shouting. Look at chest and face to determine no normal breathing.

3



Call 911:

If unresponsive or a life-threatening condition exists, send someone to call 911 and get an AED if available.

4



Check Pulse:

Place fingers in valley between neck muscle and wind pipe. Check the pulse for no more than 10 seconds.

5



Open Airway:

If there is a pulse but no breathing, begin Rescue Breathing. Open Airway using a head tilt chin lift technique. Look in the mouth for any obstructions.

6



Rescue Breathing:

Give 1 breath every 3 seconds. Each breath should last 1 second and make the chest rise and fall. Reassess circulation every two minutes.

Scenario:

At the pool, an 8 year old, who appears to be unconscious, is pulled from the water. What would you do?

NOTE: Child age for rescue breathing and CPR is age 1 to puberty (approx. 12-14 years old)

Required Equipment:
Adult Manikin



NOTE: If unsure a pulse exists, start CPR. Don't waste more critical time searching for a pulse.

When to stop:

- If the patient shows signs of life
- Trained personnel or EMS take over
- The scene becomes unsafe
- An AED is ready to use
- The rescuer is too exhausted to continue

Infant Rescue Breathing



1



Check Scene:

Check for safety, apply gloves and prepare face shield.

2



Check Person:

Check for responsiveness by holding head still, tapping and shouting. Look at chest and face to determine no normal breathing.

3



Call 911:

If unresponsive or a life-threatening condition exists, send someone to call 911 and get an AED if available.

4



Check Pulse:

Place fingers on the inside upper arm to check the brachial pulse. Check the pulse for no more than 10 seconds.

5



Open Airway:

If there is a pulse but no breathing, begin Rescue Breathing. Open Airway using a head tilt chin lift technique. Look in the mouth for any obstructions

6



Rescue Breathing:

Give 1 breath every 3 seconds. Each breath should last 1 second and make the chest rise and fall. Reassess circulation every two minutes.

Scenario:

At the pool, an 9 month old, who appears to be unconscious, is pulled from the water. What would you do?

NOTE: Infant age for rescue breathing and CPR is less than 1 year old.

Required Equipment:
Infant Manikin



Note: Cover infant's mouth and nose.

NOTE: If unsure a pulse exists, start CPR. Don't waste more critical time searching for a pulse.

When to stop:

- If the patient shows signs of life
- Trained personnel or EMS take over
- The scene becomes unsafe
- The rescuer is too exhausted to continue

Adult CPR



1



Check Scene:

Check for safety, apply gloves and prepare face shield.

2



Check Person:

Check for responsiveness by holding head still, tapping and shouting. Look at chest and face to determine no normal breathing.

3



Call 911:

If unresponsive or a life-threatening condition exists, send someone to call 911 and get an AED if available.

4



Check Pulse:

Place fingers in valley between neck muscle and wind pipe. Check the pulse for no more than 10 seconds.

5



30 Compressions:

If no pulse and no normal breathing, begin CPR. Use 2 hands, give 30 chest compressions, at a rate of at least 100/minute, and at least 2" deep.

6



Open Airway:

Open Airway using a head tilt chin lift technique. Look in the mouth for any obstructions.

7



Give 2 Breaths:

Give 2 breaths lasting 1 second each making sure the chest rises and falls with each breath.

8



Continue CPR:

Give cycles of 30 chest compressions, followed by 2 breaths.

Scenario:

You are walking in the park when you see a man lying on the ground. What would you do?

Required Equipment:
Adult Manikin



When to stop:

- If the patient shows signs of life
- Trained personnel or EMS take over
- The scene becomes unsafe
- An AED is ready to use
- The rescuer is too exhausted to continue

Child CPR



1



Check Scene:

Check for safety, apply gloves and prepare face shield.

2



Check Person:

Check for responsiveness by holding head still, tapping and shouting. Look at chest and face to determine no normal breathing.

3



Call 911:

If unresponsive or a life-threatening condition exists, send someone to call 911 and get an AED if available.

4



Check Pulse:

Place fingers in valley between neck muscle and wind pipe. Check the pulse for no more than 10 seconds.

5



30 Compressions:

If no pulse and no normal breathing, begin CPR. Use 1 or 2 hands, give 30 chest compressions, at a rate of at least 100/minute, and at least 1/3 the depth of the chest.

6



Open Airway:

Open Airway using a head tilt chin lift technique. Look in the mouth for any obstructions.

7



Give 2 Breaths:

Give 2 breaths lasting 1 second each making sure the chest rises and falls with each breath.

8



Continue CPR:

Give cycles of 30 chest compressions, followed by 2 breaths.

Scenario:

An 8 year old was riding a bike and was struck by a vehicle. The child appears to be unconscious and is lying on the road. What would you do?

Required Equipment:
Adult/Child Manikin



When to stop:

- If the patient shows signs of life
- Trained personnel or EMS take over
- The scene becomes unsafe
- An AED is ready to use
- The rescuer is too exhausted to continue

Infant CPR



1



Check Scene:

Check for safety, apply gloves and prepare face shield.

2



Check Person:

Check for responsiveness by holding head still, tapping and shouting. Look at chest and face to determine no normal breathing

3



Call 911:

If unresponsive or a life-threatening condition exists, send someone to call 911 and get an AED if available.

4



Check Pulse:

Place fingers on the inside upper arm to check the brachial pulse. Check the pulse for no more than 10 seconds.

5



30 Compressions:

If no pulse and no normal breathing, begin CPR. Use 2 fingers, give 30 chest compressions, at a rate of at least 100/minute, and at least 1/3 the depth of the chest.

6



Open Airway:

Open Airway using a head tilt chin lift technique. Look in the mouth for any obstructions.

7



Give 2 Breaths:

Give 2 breaths lasting 1 second each making sure the chest rises and falls with each breath.

8



Continue CPR:

Give cycles of 30 chest compressions, followed by 2 breaths.

Scenario:

A neighbor knocks on your door and asks for help. She states her 6 month old baby is not waking up. You find the baby lying in a crib.

Required Equipment:
Infant Manikin



Note: Cover infant's mouth and nose.

When to stop:

- If the patient shows signs of life
- Trained personnel or EMS take over
- The scene becomes unsafe
- An AED is ready to use
- The rescuer is too exhausted to continue

AED



1



Power on the AED:

Check to make sure it is safe to use the AED. Unsafe conditions include, victim in water, on metal surface, flammable gas...

2



Bare the Chest:

Follow directions of AED. Dry any wet areas on chest, remove any patches, shave hair if needed.

3



Apply Pads:

Peel off backing and place pads as the picture on the pads shows. Press down firmly to assure pads are securely affixed.

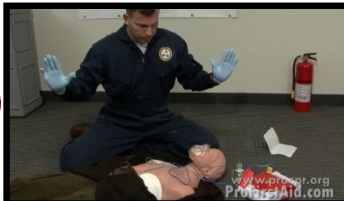
4



Plug in Connector:

Follow AED directions. Some AED models have pre-connected electrodes and will sense when pads are secure.

5



Stand Clear:

Don't touch the victim while the AED is analyzing or charging.

6



Push Shock Button:

Shout, "Clear," and make sure no one is touching patient.

7



30 Compressions:

Give 5 cycles of 30 chest compressions, at a rate of at least 100 compressions/minute, followed with 2 breaths.

8



After 2 Minutes:

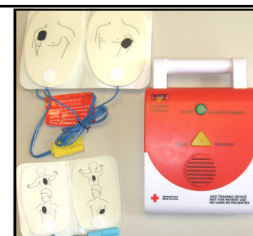
The AED will reanalyze. If AED says, "No shock advised," continue CPR if no signs of life. Follow AED prompts.

Scenario:

You are performing CPR on a person when an AED arrives and is ready to use. What will you do?

Note: For victims 8 years old and younger, or under 55 lbs, use child pads. If victim is over 8 or 55 pounds, use adult pads. Adult pads can be used if no child sized pads are available. Make sure the pads do not touch.

Required Equipment: Adult/Child Manikin and AED Trainer



Note: Don't wait. Begin compressions immediately after the shock is delivered.

When to stop:

- If the patient shows signs of life
- Trained personnel or EMS take over
- The scene becomes unsafe
- The rescuer is too exhausted to continue

Adult or Child Conscious Choking



1



Check Person:

Ask, "Are you choking?" If the person cannot cough, speak or breathe, he or she is choking and needs your help.

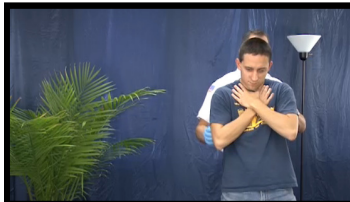
2



Call 911:

Send someone to call 911. If no one is available to call, provide care first.

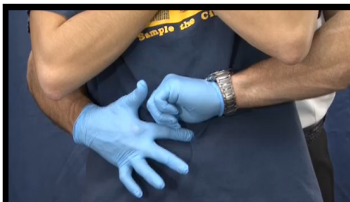
3



Stand Behind:

Place your foot between the person's feet and place your other foot firmly on the ground beside you.

4



Position Hands:

Find the navel. Tucking in the thumb, place the thumb side of the fist against the abdomen, just above the navel.

5



Give Thrusts:

Grasp the back of your fist, give inward-upward abdominal thrusts until object is out or person goes unconscious.

Scenario:

You are eating a picnic lunch at the park when a person stands up and grasps his throat. What would you do?

Note: You will need to kneel down for a child in order to give effective abdominal thrusts.

Required Equipment:
Adult Manikin



When to stop:

- The object comes out
- The scene becomes unsafe
- The person becomes unconscious (Call 911 and perform unconscious choking technique in this case)

Infant Conscious Choking



1



Check Baby:

If the baby cannot cough, cry or breath, he is choking and needs your help.

2



Call 911:

Send someone to call 911. If no one is available to call, provide care first.

3



Position Baby:

Support the baby's face with your hand on the jaw and the baby's body along your forearm. Place the baby face down.

4



Give 5 Back Blows:

Holding the baby's head lower than the feet, give 5 back blows between the shoulder blades.

5



Turn Baby Over:

Hold the back of the head. Sandwich the baby between your forearms and turn him over.

6



Give 5 Chest Thrusts:

Place fingers on the sternum in the center of the chest and give 5 thrusts.

7



Repeat Steps 3 to 5:

Keep giving 5 back blows and 5 chest thrusts until the object comes out or baby goes unconscious.

Scenario:

You are feeding a baby lunch when he begins to turn blue and cannot cry, cough or breath. What would you do?

Required Equipment:
Infant Manikin



When to stop:

- The object comes out
- The baby becomes unconscious (Call 911 and perform unconscious choking technique in this case)

Adult Unconscious Choking



1



Position Person:

Lower person safely to the ground.

2



Call 911:

If 911 has not been called, send someone to call 911 and get an AED if available.

3



30 Compressions:

Using 2 hands, give 30 chest compressions, at a rate of at least 100 compressions per minute, followed by object check.

4



Check for Object:

Open Airway using a head tilt chin lift technique. Look in the mouth for any obstructions. If object is seen, do a finger sweep to remove it.

5



Give a Breath:

Open airway and Give a breath. Even if no object is seen, attempt a breath. If air goes in give a second breath.

6



Reposition, Reattempt:

If air does not go in, reposition and reattempt a breath. If air still does not go in, continue compressions.

7



30 Compressions:

Using 2 hands, give 30 chest compressions, at a rate of at least 100 compressions per minute, followed by object check.

8



Check for Object:

If object is seen, do a finger sweep to remove it. Repeat steps 5-8 until air goes in and makes chest rise.

Scenario:

You are eating in your favorite restaurant when a man starts choking. You perform abdominal thrusts and he goes unconscious.

Required Equipment:
Adult Manikin



When to stop:

- If the patient shows signs of life
- Trained personnel or EMS take over
- The scene becomes unsafe
- The rescuer is too exhausted to continue

Note: After breaths go in, check pulse, and continue CPR if the person shows no signs of life. If there is breathing and pulse, monitor Airway, Breathing, and Circulation until EMS arrives.

Child Unconscious Choking



1



Position Person:

Lower person safely to the ground.

2



Call 911:

If 911 has not been called, send someone to call 911 and get an AED if available.

3



30 Compressions:

Use 1 or 2 hands, give 30 chest compressions, at a rate of at least 100/minute, and at least 1/3 the depth of the chest.

4



Check for Object:

Open Airway using a head tilt chin lift technique. Look in the mouth for any obstructions. If object is seen, do a finger sweep to remove it.

5



Give a Breath:

Open airway and Give a breath. Even if no object is seen, attempt a breath. If air goes in give a second breath.

6



Reposition, Reattempt:

If air does not go in, reposition and reattempt a breath. If air still does not go in, continue compressions.

7



30 Compressions:

Use 1 or 2 hands, give 30 chest compressions, at a rate of at least 100/minute, and at least 1/3 the depth of the chest.

8



Check for Object:

If object is seen, do a finger sweep to remove it. Repeat steps 5-8 until air goes in and makes chest rise.

Scenario:

You are eating in your favorite restaurant when a child starts choking. You perform abdominal thrusts and she goes unconscious.

Required Equipment:
Adult/Child Manikin



When to stop:

- If the patient shows signs of life
- Trained personnel or EMS take over
- The scene becomes unsafe
- The rescuer is too exhausted to continue

Note: After breaths go in, check pulse, and continue CPR if the person shows no signs of life. If there is breathing and pulse, monitor Airway, Breathing, and Circulation until EMS arrives.

Infant Unconscious Choking



1



Position Person:

Lay the infant down, supine, on a flat surface.

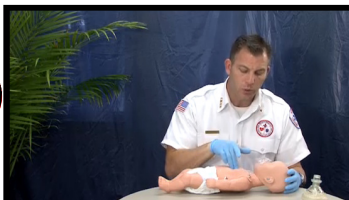
2



Call 911:

If 911 has not been called, send someone to call 911 and get an AED if available.

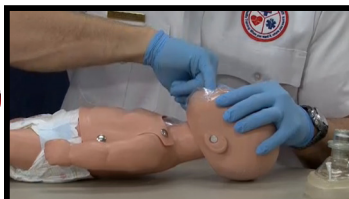
3



30 Compressions:

Use 2 fingers, give 30 chest compressions, at a rate of at least 100/minute, and at least 1/3 the depth of the chest.

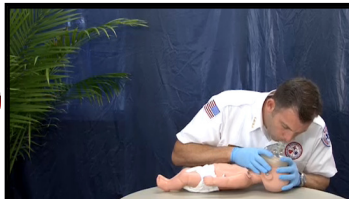
4



Check for Object:

Open Airway using a head tilt chin lift technique. Look in the mouth for any obstructions. If object is seen, do a finger sweep to remove it.

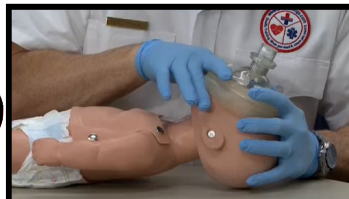
5



Give a Breath:

Open airway and Give a breath. Even if no object is seen, attempt a breath. If air goes in give a second breath.

6



Reposition, Reattempt:

If air does not go in, reposition and reattempt a breath. If air still does not go in, continue compressions.

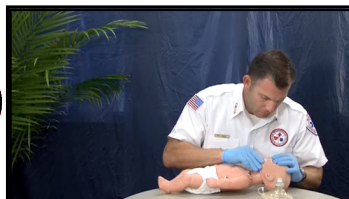
7



30 Compressions:

Use 2 fingers, give 30 chest compressions, at a rate of at least 100/minute, and at least 1/3 the depth of the chest.

8



Check for Object:

If object is seen, do a finger sweep to remove it. Repeat steps 5-8 until air goes in and makes chest rise.

Scenario:

You enter a baby's room and notice that several marbles are scattered around the baby on the floor. The baby is not moving. What will you do?

Required Equipment:
Infant Manikin



When to stop:

- If the patient shows signs of life
- Trained personnel or EMS take over
- The scene becomes unsafe
- The rescuer is too exhausted to continue

Note: After breaths go in, check pulse, and continue CPR if the person shows no signs of life. If there is breathing and pulse, monitor Airway, Breathing, and Circulation until EMS arrives.

Adult 2 Person CPR



1



Check Scene:

Check for safety, apply gloves and prepare face shield.

2



Check Person:

Check for responsiveness by holding head still, tapping and shouting.

3



Call 911:

If unresponsive and no normal breathing, send someone to call 911 and get an AED if available.

4



Check Pulse:

Place fingers in valley between neck muscle and wind pipe. Check the pulse for no more than 10 seconds.

5



30 Compressions:

Second rescuer will give 30 chest compressions using 2 hands in the center of the chest.

6



Open Airway:

First rescuer will open Airway using a head tilt chin lift technique. Look in the mouth for any obstructions.

7



Give 2 Breaths:

If no breathing, using the bag valve mask, first rescuer gives 2 breaths lasting 1 second each making sure the chest rises and falls with each breath.

8



Continue and Switch:

Continue cycles of 30:2. Every 2 minutes, compressor calls for switch. At end of 30 compressions, person at head ends with 2 breaths, moves, and starts compressions.

Scenario:

You and a coworker are called to the park for a emergency. You see a man lying on the ground. What would you do?

Required Equipment: Adult Manikin and Bag Valve Mask



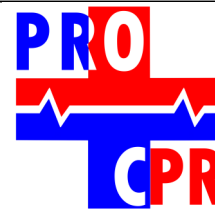
Note: Use the Bag Valve Mask to give breaths for this skill scenario.

When to stop:

- If the patient shows signs of life
- Trained personnel or EMS take over
- The scene becomes unsafe
- An AED is ready to use
- The rescuer is too exhausted to continue

Note: The switch should take no more than 10 seconds. The purpose of 2 person CPR is to keep the compressor fresh in order to provide the best consistent compressions.

Child 2 Person CPR



1



Check Scene:

Check for safety, apply gloves and prepare face shield.

2



Check Person:

Check for responsiveness by holding head still, tapping and shouting.

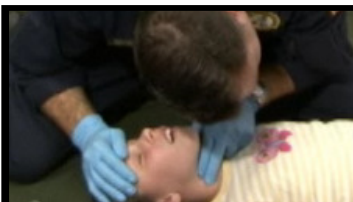
3



Call 911:

If unresponsive and no normal breathing, send someone to call 911 and get an AED if available.

4



Check Pulse:

Place fingers in valley between neck muscle and wind pipe. Check the pulse for no more than 10 seconds.

5



15 Compressions:

Second rescuer will give 15 chest compressions using 1 or 2 hands in the center of the chest.

6



Open Airway:

First rescuer will open Airway using a head tilt chin lift technique. Look in the mouth for any obstructions.

7



Give 2 Breaths:

If no breathing, using the bag valve mask, first rescuer gives 2 breaths lasting 1 second each making sure the chest rises and falls with each breath.

8



Continue and Switch:

Continue cycles of 15:2. Every 2 minutes, compressor calls for switch. At end of 15 compressions, person at head ends with 2 breaths, moves, and starts compressions.

Scenario:

You and a coworker are called to a bike vs. car accident. And 8 year old child appears to be unconscious and is lying on the road. What would you do?

Required Equipment: Adult/Child Manikin and Bag Valve Mask



Note: Use the Bag Valve Mask to give breaths for this skill scenario.

When to stop:

- If the patient shows signs of life
- Trained personnel or EMS take over
- The scene becomes unsafe
- An AED is ready to use
- The rescuer is too exhausted to continue

Note: The switch should take no more than 10 seconds. The purpose of 2 person CPR is to keep the compressor fresh in order to provide the best consistent compressions.

Infant 2 Person CPR



1



Check Scene:

Check for safety, apply gloves and prepare face shield.

2



Check Person:

Check for responsiveness by holding head still, tapping and shouting.

3



Call 911:

If unresponsive and no normal breathing, send someone to call 911 and get an AED if available.

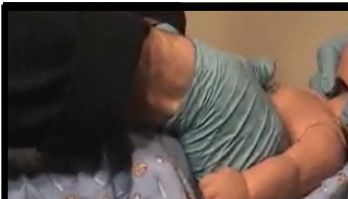
4



Check Pulse:

Place fingers on the brachial artery on the inside of the upper arm. Check the pulse for no more than 10 seconds.

5



15 Compressions:

Second rescuer will give 15 chest compressions using the 2 thumbs hands encircling chest technique.

6



Open Airway:

First rescuer will open Airway using a head tilt chin lift technique. Look in the mouth for any obstructions.

7



Give 2 Breaths:

If no breathing, using the bag valve mask, first rescuer gives 2 breaths lasting 1 second each making sure the chest rises and falls with each breath.

8



Continue and Switch:

Continue cycles of 15:2. Every 2 minutes, compressor calls for switch. At end of 15 compressions, person at head ends with 2 breaths, moves, and starts compressions.

Scenario:

You and another healthcare worker respond to a first aid call for a baby. When you arrive the baby is blue and does not appear to be moving. What will you do?

Required Equipment: Infant Manikin and Rescue Mask



Note: Use the Bag Valve Mask to give breaths for this skill scenario.

When to stop:

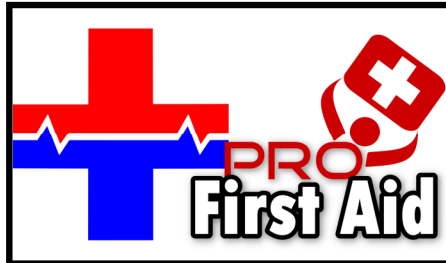
- If the patient shows signs of life
- Trained personnel or EMS take over
- The scene becomes unsafe
- An AED is ready to use
- The rescuer is too exhausted to continue


Note: The switch should take no more than 10 seconds. The purpose of 2 person CPR is to keep the compressor fresh in order to provide the best consistent compressions.


Skill Sheets

ProFirstAid: Layrescuer

Adult, Child, Infant CPR/AED and First Aid



 Required Skill Scenarios
Adult or Child CPR
Infant CPR
AED
Adult or Child Conscious Choking
Infant Conscious Choking
Adult or Child Unconscious Choking
Infant Unconscious Choking

 Individual Skills
Assessing the scene for safety
Using personal protective equipment: Gloves Face Shield
Assessing patient responsiveness
Giving Compressions: <i>Adult</i> - 2 hands on the center of the chest between the nipples. <i>Child</i> - 1 or 2 hands on the center of the chest between the nipples. <i>Infant</i> - 2 fingers on the center of the chest just below the nipples.
Opening the Airway using a head tilt chin lift
Giving rescue breaths: Adult and Child- Covering mouth Infant- Covering mouth and nose
Removing a foreign object

Adult CPR



1



Check Scene:

Check for safety, apply gloves and prepare face shield.

2



Check Person:

Check for responsiveness by holding head still, tapping and shouting. Look at chest and face to determine no normal breathing.

3



Call 911:

If unresponsive or a life-threatening condition exists, send someone to call 911 and get an AED if available.

4



30 Compressions:

Use 2 hands, give 30 chest compressions, at a rate of at least 100 compressions/minute, at least 2" deep.

5



Open Airway:

Open Airway using a head tilt chin lift technique. Look in the mouth for any obstructions.

6



Give 2 Breaths:

Give 2 breaths lasting 1 second each making sure the chest rises and falls with each breath.

7



Continue CPR:

Give cycles of 30 chest compressions, followed by 2 breaths.

Scenario:

You are walking in the park when you see a man lying on the ground. What would you do?

Required Equipment:
Adult Manikin



When to stop:

- If the patient shows signs of life
- Trained personnel or EMS take over
- The scene becomes unsafe
- An AED is ready to use
- The rescuer is too exhausted to continue

Child CPR



1



Check Scene:

Check for safety, apply gloves and prepare face shield.

2



Check Person:

Check for responsiveness by holding head still, tapping and shouting. Look at chest and face to determine no normal breathing.

3



Call 911:

If unresponsive or a life-threatening condition exists, send someone to call 911 and get an AED if available.

4



30 Compressions:

Use 1 or 2 hands, give 30 chest compressions, at a rate of at least 100/minute, and at least 1/3 the depth of the chest.

5



Open Airway:

Open Airway using a head tilt chin lift technique. Look in the mouth for any obstructions.

6



Give 2 Breaths:

Give 2 breaths lasting 1 second each making sure the chest rises and falls with each breath.

7



Continue CPR:

Give cycles of 30 chest compressions, followed by 2 breaths.

Scenario:

At the pool, an 8 year old, who appears to be unconscious, is pulled from the water. What would you do?

Required Equipment:
Adult/Child Manikin



When to stop:

- If the patient shows signs of life
- Trained personnel or EMS take over
- The scene becomes unsafe
- An AED is ready to use
- The rescuer is too exhausted to continue

Infant CPR



1



Check Scene:

Check for safety, apply gloves and prepare face shield.

2



Check Person:

Check for responsiveness by holding head still, tapping and shouting. Look at chest and face to determine no normal breathing

3



Call 911:

If unresponsive or a life-threatening condition exists, send someone to call 911 and get an AED if available.

4



30 Compressions:

Use 2 fingers, give 30 chest compressions, at a rate of at least 100/minute, and at least 1/3 the depth of the chest.

5



Open Airway:

Open Airway using a head tilt chin lift technique. Look in the mouth for any obstructions.

6



Give 2 Breaths:

Give 2 breaths lasting 1 second each making sure the chest rises and falls with each breath.

Note: Cover infant's mouth and nose.

7



Continue CPR:

Give cycles of 30 chest compressions, followed by 2 breaths.

Scenario:

A neighbor knocks on your door and asks for help. She states her 6 month old baby is not waking up. You find the baby lying in a crib.

Required Equipment:
Infant Manikin



When to stop:

- If the patient shows signs of life
- Trained personnel or EMS take over
- The scene becomes unsafe
- An AED is ready to use
- The rescuer is too exhausted to continue

AED



1



Power on the AED:

Check to make sure it is safe to use the AED. Unsafe conditions include, victim in water, on metal surface, flammable gas...

2



Bare the Chest:

Follow directions of AED. Dry any wet areas on chest, remove any patches, shave hair if needed.

3



Apply Pads:

Peel off backing and place pads as the picture on the pads shows. Press down firmly to assure pads are securely affixed.

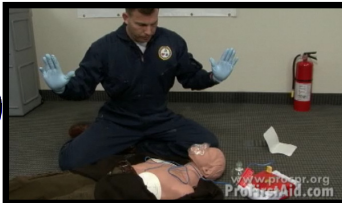
4



Plug in Connector:

Follow AED directions. Some AED models have pre-connected electrodes and will sense when pads are secure.

5



Stand Clear:

Don't touch the victim while the AED is analyzing or charging.

6



Push Shock Button:

Shout, "Clear," and make sure no one is touching patient.

7



Give Compressions:

Give 5 cycles of 30 chest compressions, at a rate of at least 100 compressions/minute, followed with 2 breaths.

8



After 2 Minutes:

The AED will reanalyze. If AED says, "No shock advised," continue CPR if no signs of life. Follow AED prompts.

Scenario:

You are performing CPR on a person when an AED arrives and is ready to use. What will you do?

Note: For victims 8 years old and younger, or under 55 lbs, use child pads. If victim is over 8 or 55 pounds, use adult pads. Adult pads can be used if no child sized pads are available. Make sure the pads do not touch.

Required Equipment:

Adult/Child Manikin and AED Trainer



Note: Don't wait. Begin compressions immediately after the shock is delivered.

When to stop:

- If the patient shows signs of life
- Trained personnel or EMS take over
- The scene becomes unsafe
- The rescuer is too exhausted to continue

Adult or Child Conscious Choking



1



Check Person:

Ask, "Are you choking?" If the person cannot cough, speak or breathe, he or she is choking and needs your help.

2



Call 911:

Send someone to call 911. If no one is available to call, provide care first.

3



Stand Behind:

Place your foot between the person's feet and place your other foot firmly on the ground beside you.

4



Position Hands:

Find the navel. Tucking in the thumb, place the thumb side of the fist against the abdomen, just above the navel.

5



Give Thrusts:

Grasp the back of your fist, give inward-upward abdominal thrusts until object is out or person goes unconscious.

Scenario:

You are eating a picnic lunch at the park when a person stands up and grasps his throat. What would you do?

Note: You will need to kneel down for a child in order to give effective abdominal thrusts.

Required Equipment:
Adult/Child Manikin



When to stop:

- The object comes out
- The scene becomes unsafe
- The person becomes unconscious (Call 911 and perform unconscious choking technique in this case)

Infant Conscious Choking



1



Check Baby:

If the baby cannot cough, cry or breath, he is choking and needs your help.

2



Call 911:

Send someone to call 911. If no one is available to call, provide care first.

3



Position Baby:

Support the baby's face with your hand on the jaw and the baby's body along your forearm. Place the baby face down.

4



Give 5 Back Blows:

Holding the baby's head lower than the feet, give 5 back blows between the shoulder blades.

5



Turn Baby Over:

Hold the back of the head. Sandwich the baby between your forearms and turn him over.

6



Give 5 Chest Thrusts:

Place fingers on the sternum in the center of the chest and give 5 thrusts.

7



Repeat Steps 3 to 5:

Keep giving 5 back blows and 5 chest thrusts until the object comes out or baby goes unconscious.

Scenario:

You are feeding a baby lunch when he begins to turn blue and cannot cry, cough or breath. What would you do?

Required Equipment:
Infant Manikin



When to stop:

- The object comes out
- The baby becomes unconscious (Call 911 and perform unconscious choking technique in this case)

Adult Unconscious Choking



1



Position Person:

Lower person safely to the ground.

2



Call 911:

If 911 has not been called, send someone to call 911 and get an AED if available.

3



30 Compressions:

Using 2 hands, give 30 chest compressions, at a rate of at least 100 compressions per minute, followed by object check.

4



Open Airway:

Open Airway using a head tilt chin lift technique. Look in the mouth for any obstructions.

5



Give a Breath:

Open airway and Give a breath. Even if no object is seen, attempt a breath. If air goes in give a second breath.

6



Reposition, Reattempt:

If air does not go in, reposition and reattempt a breath. If air still does not go in, continue compressions.

7



30 Compressions:

Using 2 hands, give 30 chest compressions, at a rate of at least 100 compressions per minute, followed by object check.

8



Check for Object:

If object is seen, do a finger sweep to remove it. Repeat steps 5-8 until air goes in and makes chest rise.

Scenario:

You are eating in your favorite restaurant when a man starts choking. You perform abdominal thrusts and he goes unconscious.

Required Equipment:
Adult Manikin



When to stop:

- If the patient shows signs of life
- Trained personnel or EMS take over
- The scene becomes unsafe
- The rescuer is too exhausted to continue

Note: After breaths go in, continue CPR if the person shows no signs of life. If there is breathing and movement, monitor Airway, Breathing, and Circulation until EMS arrives.



Child Unconscious Choking

1



Position Person:

Lower person safely to the ground.

2



Call 911:

If 911 has not been called, send someone to call 911 and get an AED if available.

3



30 Compressions:

Use 1 or 2 hands, give 30 chest compressions, at a rate of at least 100/minute, and at least 1/3 the depth of the chest.

4



Check for Object:

Open Airway using a head tilt chin lift technique. Look in the mouth for any obstructions. If object is seen, do a finger sweep to remove it.

5



Give a Breath:

Open airway and Give a breath. Even if no object is seen, attempt a breath. If air goes in give a second breath.

6



Reposition, Reattempt:

If air does not go in, reposition and reattempt a breath. If air still does not go in, continue compressions.

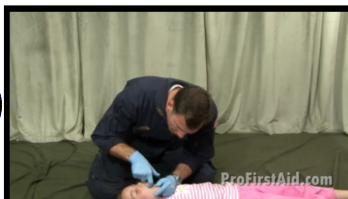
7



30 Compressions:

Use 1 or 2 hands, give 30 chest compressions, at a rate of at least 100/minute, and at least 1/3 the depth of the chest.

8



Check for Object:

If object is seen, do a finger sweep to remove it. Repeat steps 5-8 until air goes in and makes chest rise.

Scenario:

You are eating in your favorite restaurant when a child starts choking. You perform abdominal thrusts and she goes unconscious.

Required Equipment:
Adult/Child Manikin



When to stop:

- If the patient shows signs of life
- Trained personnel or EMS take over
- The scene becomes unsafe
- The rescuer is too exhausted to continue

Note: After breaths go in, continue CPR if the person shows no signs of life. If there is breathing and movement, monitor Airway, Breathing, and Circulation until EMS arrives.

Infant Unconscious Choking



1



Position Person:

Lay the infant down, supine, on a flat surface.

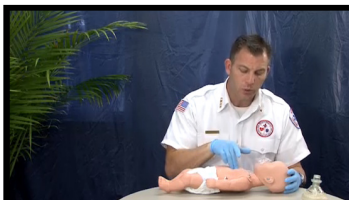
2



Call 911:

If 911 has not been called, send someone to call 911 and get an AED if available.

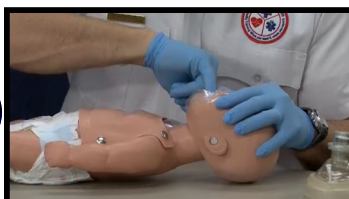
3



30 Compressions:

Use 2 fingers, give 30 chest compressions, at a rate of at least 100/minute, and at least 1/3 the depth of the chest.

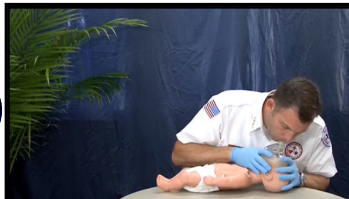
4



Check for Object:

Open Airway using a head tilt chin lift technique. Look in the mouth for any obstructions. If object is seen, do a finger sweep to remove it.

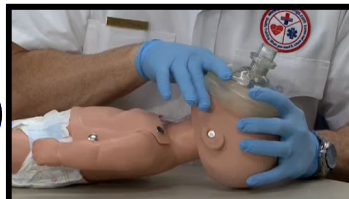
5



Give a Breath:

Open airway and Give a breath. Even if no object is seen, attempt a breath. If air goes in give a second breath.

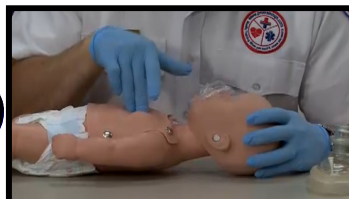
6



Reposition, Reattempt:

If air does not go in, reposition and reattempt a breath. If air still does not go in, continue compressions.

7



30 Compressions:

Use 2 fingers, give 30 chest compressions, at a rate of at least 100/minute, and at least 1/3 the depth of the chest.

8



Check for Object:

If object is seen, do a finger sweep to remove it. Repeat steps 5-8 until air goes in and makes chest rise.

Scenario:

You enter a baby's room and notice that several marbles are scattered around the baby on the floor. The baby is not moving. What will you do?

Required Equipment:
Infant Manikin



When to stop:

- If the patient shows signs of life
- Trained personnel or EMS take over
- The scene becomes unsafe
- The rescuer is too exhausted to continue

Note: After breaths go in, continue CPR if the person shows no signs of life. If there is breathing and movement, monitor Airway, Breathing, and Circulation until EMS arrives.

Bleeding Control



1



Check Person:

Ask, "I'm trained in first aid, can I help you?"

2



Call 911:

Send someone to call 911

3



Direct Pressure:

Apply gloves. Use gauze or other barrier to apply direct pressure to site of wound. Elevate if no fracture is suspected.

4



Pressure Bandage:

Apply more dressings if needed and a pressure bandage.

5



Recheck:

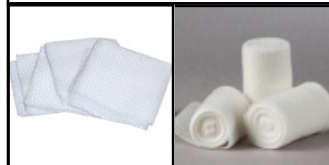
Check for capillary refill, skin color, and skin temperature to make sure the bandage is not too tight. Loosen if necessary.

Scenario:

You are working outside when a coworker cuts his forearm and blood is spurting out. What will you do?

Required Equipment:

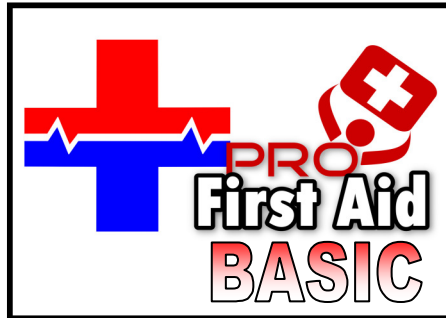
Gauze pads, roller gauze, gloves





Note: Monitor for signs of shock. If person show confusion, dizziness, bluish or grayish skin color, lay the person down and elevate the legs.

Skill Sheets

ProFirstAid Basic: Layrescuer Adult CPR/AED and First Aid



	Required Skill Scenarios		Individual Skills
	Adult CPR		Assessing the scene for safety
	AED		Using personal protective equipment: Gloves Face Shield
	Adult Conscious Choking		Assessing patient responsiveness and breathing
	Adult Unconscious Choking		Giving Compressions: <i>Adult- 2 hands on the center of the chest between the nipples.</i>
	Bleeding Control		Opening the Airway using a head tilt chin lift
			Giving rescue breaths
			Removing a foreign object



Adult CPR

1



Check Scene:

Check for safety, apply gloves and prepare face shield.

2



Check Person:

Check for responsiveness by holding head still, tapping and shouting. Look at chest and face to determine no normal breathing.

3



Call 911:

If unresponsive or a life-threatening condition exists, send someone to call 911 and get an AED if available.

4



30 Compressions:

Use 2 hands, give 30 chest compressions, at a rate of at least 100 compressions/minute, at least 2" deep.

5



Open Airway:

Open Airway using a head tilt chin lift technique. Look in the mouth for any obstructions.

6



Give 2 Breaths:

Give 2 breaths lasting 1 second each making sure the chest rises and falls with each breath.

7



Continue CPR:

Give cycles of 30 chest compressions, followed by 2 breaths.

Scenario:

You are walking in the park when you see a man lying on the ground. What would you do?

Required Equipment:
Adult Manikin



When to stop:

- If the patient shows signs of life
- Trained personnel or EMS take over
- The scene becomes unsafe
- An AED is ready to use
- The rescuer is too exhausted to continue



AED

1



Power on the AED:

Check to make sure it is safe to use the AED. Unsafe conditions include, victim in water, on metal surface, flammable gas...

2



Bare the Chest:

Follow directions of AED. Dry any wet areas on chest, remove any patches, shave hair if needed.

3



Apply Pads:

Peel off backing and place pads as the picture on the pads shows. Press down firmly to assure pads are securely affixed.

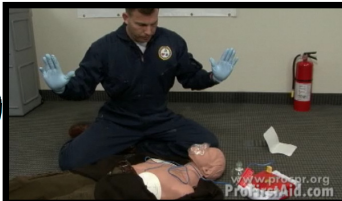
4



Plug in Connector:

Follow AED directions. Some AED models have pre-connected electrodes and will sense when pads are secure.

5



Stand Clear:

Don't touch the victim while the AED is analyzing or charging.

6



Push Shock Button:

Shout, "Clear," and make sure no one is touching patient.

7



Give Compressions:

Give 5 cycles of 30 chest compressions, at a rate of at least 100 compressions/minute, followed with 2 breaths.

8



After 2 Minutes:

The AED will reanalyze. If AED says, "No shock advised," continue CPR if no signs of life. Follow AED prompts.

Scenario:

You are performing CPR on a person when an AED arrives and is ready to use. What will you do?

Note: For victims 8 years old and younger, or under 55 lbs, use child pads. If victim is over 8 or 55 pounds, use adult pads. Adult pads can be used if no child sized pads are available. Make sure the pads do not touch.

Required Equipment:

Adult/Child Manikin and AED Trainer



Note: Don't wait. Begin compressions immediately after the shock is delivered.

When to stop:

- If the patient shows signs of life
- Trained personnel or EMS take over
- The scene becomes unsafe
- The rescuer is too exhausted to continue



Adult or Child Conscious Choking

1



Check Person:

Ask, "Are you choking?" If the person cannot cough, speak or breathe, he or she is choking and needs your help.

2



Call 911:

Send someone to call 911. If no one is available to call, provide care first.

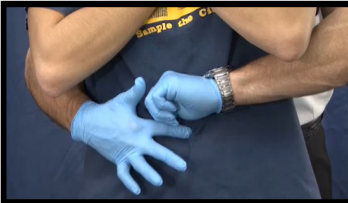
3



Stand Behind:

Place your foot between the person's feet and place your other foot firmly on the ground beside you.

4



Position Hands:

Find the navel. Tucking in the thumb, place the thumb side of the fist against the abdomen, just above the navel.

5



Give Thrusts:

Grasp the back of your fist, give inward-upward abdominal thrusts until object is out or person goes unconscious.

Scenario:

You are eating a picnic lunch at the park when a person stands up and grasps his throat. What would you do?

Note: You will need to kneel down for a child in order to give effective abdominal thrusts.

Required Equipment:
Adult/Child Manikin



When to stop:

- The object comes out
- The scene becomes unsafe
- The person becomes unconscious (Call 911 and perform unconscious choking technique in this case)

Adult Unconscious Choking



1



Position Person:

Lower person safely to the ground.

2



Call 911:

If 911 has not been called, send someone to call 911 and get an AED if available.

3



30 Compressions:

Using 2 hands, give 30 chest compressions, at a rate of at least 100 compressions per minute, followed by object check.

4



Open Airway:

Open Airway using a head tilt chin lift technique. Look in the mouth for any obstructions.

5



Give a Breath:

Open airway and Give a breath. Even if no object is seen, attempt a breath. If air goes in give a second breath.

6



Reposition, Reattempt:

If air does not go in, reposition and reattempt a breath. If air still does not go in, continue compressions.

7



30 Compressions:

Using 2 hands, give 30 chest compressions, at a rate of at least 100 compressions per minute, followed by object check.

8



Check for Object:

If object is seen, do a finger sweep to remove it. Repeat steps 5-8 until air goes in and makes chest rise.

Scenario:

You are eating in your favorite restaurant when a man starts choking. You perform abdominal thrusts and he goes unconscious.

Required Equipment:
Adult Manikin



When to stop:

- If the patient shows signs of life
- Trained personnel or EMS take over
- The scene becomes unsafe
- The rescuer is too exhausted to continue

Note: After breaths go in, continue CPR if the person shows no signs of life. If there is breathing and movement, monitor Airway, Breathing, and Circulation until EMS arrives.



Bleeding Control

1



Check Person:

Ask, "I'm trained in first aid, can I help you?"

2



Call 911:

Send someone to call 911

3



Direct Pressure:

Apply gloves. Use gauze or other barrier to apply direct pressure to site of wound. Elevate if no fracture is suspected.

4



Pressure Bandage:

Apply more dressings if needed and a pressure bandage.

5



Recheck:

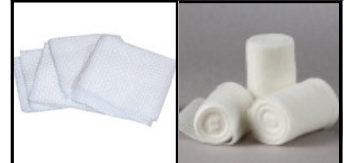
Check for capillary refill, skin color, and skin temperature to make sure the bandage is not too tight. Loosen if necessary.

Scenario:

You are working outside when a coworker cuts his forearm and blood is spurting out. What will you do?

Required Equipment:

Gauze pads, roller gauze, gloves




Note: Monitor for signs of shock. If person show confusion, dizziness, bluish or grayish skin color, lay the person down and elevate the legs.


ProFirstAid Advanced Course-

Healthcare Provider Adult, Child, Infant CPR/AED and First Aid

Use All ProCPR Skill Sheets and One ProFirstAid Basic Skill Sheet, Bleeding Control



 Required Skill Scenarios
Adult or Child Rescue Breathing
Adult or Child CPR
Infant CPR
AED
Adult or Child Conscious Choking
Infant Conscious Choking
Adult or Child Unconscious Choking
Infant Unconscious Choking
Adult 2 rescuer CPR
Infant 2 rescuer CPR
Bleeding Control

 Individual Skills
Assessing the scene for safety
Using personal protective equipment: Gloves Face Shield Rescue Mask Bag Valve Mask
Assessing patient responsiveness
Checking for a pulse: <i>Adult and Child</i> – Carotid Artery <i>Infant</i> – Brachial Artery
Giving Compressions: <i>Adult</i> - 2 hands on the center of the chest between the nipples. <i>Child</i> – 1 or 2 hands on the center of the chest between the nipples. <i>Infant</i> – 2 fingers on the center of the chest just below the nipples. <i>2 Rescuer Infant</i> - 2 thumbs hands encircling chest technique
Opening the Airway using a head tilt chin lift
Checking for breathing
Giving rescue breaths: <i>Adult and Child</i> – Covering mouth <i>Infant</i> – Covering mouth and nose
Removing a foreign object