

Core Course Handouts



American Red Cross
Training Services

Skill Practice Sheets for Core Course

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Skill Practice Sheet: Checking a Person Who Appears Unresponsive

EACH PARTICIPANT WILL CHECK A PERSON WHO APPEARS UNRESPONSIVE FROM CHECKING THE SCENE THROUGH VERBALIZING THE NEED FOR CARE.

1. Check the scene before entering to ensure safety.

- Verbalize that the scene is safe.

2. Check the person: form an initial impression and obtain consent.

- Form an initial impression about what's going on with the person as you approach them.
- Identify any life-threatening conditions, such as appearing unresponsive, appearing not to be breathing, life-threatening bleeding or another life-threatening condition.
- Verbalize that the person appears unresponsive and consent is implied.

3. Put on gloves.



4. Check for responsiveness, breathing, life-threatening bleeding and other life-threatening conditions.

- Shout to get person's attention, using person's name if known.
- If person does not respond, tap shoulder (adult/child) or foot (infant).
- Shout again while checking for breathing, life-threatening bleeding and other life-threatening conditions.
- Verbalize that the person does not respond, is not breathing, and does not appear to have life-threatening bleeding or other life-threatening conditions.



(Continued)

5. Call 9-1-1 and get equipment.



- Tell Bystander, "You. Call 9-1-1 and get an AED and first aid kit."
- Bystander repeats, "I'll call 9-1-1 and get an AED and first aid kit."





6. Give care according to the conditions that you find and your level of knowledge and training.

- Verbalize the need for care.

Skill Practice Sheet: Giving Chest Compressions to Adults

EACH PARTICIPANT SHOULD GIVE THREE SETS OF 30 COMPRESSIONS.	
1. Ensure the person is on their back on a firm, flat surface.	
2. Kneel beside the person. <ul style="list-style-type: none"> Your knees should be near the person's body and spread about shoulder width apart. 	
3. Use correct hand placement. <ul style="list-style-type: none"> Place the heel of one hand in the center of their chest, with your other hand on top. Interlace your fingers and make sure they are up off the chest. 	
4. Use correct body position. <ul style="list-style-type: none"> Position your body so that your shoulders are directly over your hands. Lock your elbows to keep your arms straight. 	
5. Give 30 compressions. <ul style="list-style-type: none"> Push hard and fast (at least 2 inches; 100 to 120 compressions per minute). 	x 30
6. Allow chest to return to its normal position after each compression.	
7. Give two more sets of compressions.* <ul style="list-style-type: none"> Take a brief break between each set of compressions. <i>* Practice only; in an emergency give sets of 30 compressions followed by 2 breaths.</i>	+ 2 more sets

Skill Practice Sheet: Giving Breaths to Adults with a Face Shield

EACH PARTICIPANT SHOULD GIVE FIVE SETS OF 2 BREATHS.	
1. Place face shield over person's face, ensuring the one-way valve is over their mouth.	
2. Open the airway to a past-neutral position using the head-tilt/chin-lift technique.	
3. Pinch nose shut, take a normal breath and make a complete seal over person's mouth with your own mouth.	
4. Give 1st breath. <ul style="list-style-type: none"> ■ Blow into the person's mouth for about 1 second, enough to make the chest begin to rise. ■ Look to see that the chest rises. <p><i>Note: If you do not see the chest rise, retilt head and ensure a proper seal before giving 2nd breath.</i></p>	
5. Pause between the breaths to allow for the chest to fall and the air to exit.	Pause
6. Give 2nd breath. <ul style="list-style-type: none"> ■ Take another breath, make a seal, then give the 2nd breath. 	
7. Give four more sets of breaths.* <ul style="list-style-type: none"> ■ Take a brief break between each set of breaths. <p><i>* Practice only; in an emergency give sets of 30 compressions followed by 2 breaths.</i></p>	+ 4 more sets

Skill Practice Sheet: Giving Breaths to Adults with a Pocket Mask

EACH PARTICIPANT SHOULD GIVE FIVE SETS OF 2 BREATHS.

1. Place the mask at the bridge of the nose and lower it over the person's nose and mouth.

2. Seal the mask and open the airway.

- Place the space of your hand between your thumb and index finger at the top of the mask above the valve.
- Place your remaining fingers on the side of the person's face.
- Place the thumb of your other hand along the base of the mask and place your bent index finger under the person's chin.
- Lift the person's face into the mask and open the airway to a past-neutral position by tilting the head back.



3. Give 1st breath.

- Take a normal breath, make a complete seal over the mask valve with your mouth and blow into the person's mouth for about 1 second, enough to make the chest begin to rise.
- Look to see that the chest rises.

Note: If you do not see the chest rise, retilt head and ensure a proper seal before giving 2nd breath.



4. Pause between the breaths to allow for the chest to fall and the air to exit.

Pause

5. Give 2nd breath.

- Take another breath, make a seal, then give the 2nd breath.

6. Give four more sets of breaths.*

- Take a brief break between each set of breaths.

* Practice only; in an emergency give sets of 30 compressions followed by 2 breaths.

+ 4 more sets

Skill Practice Sheet: Giving CPR Cycles to Adults

EACH PARTICIPANT SHOULD PERFORM THREE CPR CYCLES OF 30 CHEST COMPRESSIONS AND 2 BREATHS.

1. Give 30 chest compressions.

- Push hard and fast (at least 2 inches; 100 to 120 compressions per minute).
- Use correct hand placement.
- Allow chest to return to its normal position.



2. Give 2 breaths.

- Each breath should last about 1 second and make the chest begin to rise.
- Minimize interruptions to chest compressions to give breaths to **less than 10 seconds**.






3. Give two more sets of 30 compressions and 2 breaths.

+ 2 more sets

Skill Practice Sheet: Using an AED for Adults

EACH PARTICIPANT SHOULD OPERATE THE AED AND START CPR AFTER PUSHING THE SHOCK BUTTON.

1. Turn on AED and follow the voice prompts.	
2. Remove all clothing covering the chest , if necessary.	
3. Attach pads correctly. <ul style="list-style-type: none"> ■ Place one pad on upper right side of chest. ■ Place one pad on lower left side of chest, a few inches below the left armpit. ■ Pads should not touch. 	
4. Plug the pad connector cable into the AED, if necessary.	
5. Clear for analysis.	
6. Clear for shock.	<p>Clear</p>

(Continued)

7. Push shock button to deliver shock.



8. Immediately get into position to start CPR.

Note: Skill practice ends here.



Skill Practice Sheet: Giving Chest Compressions to Children

EACH PARTICIPANT SHOULD GIVE THREE SETS OF 30 COMPRESSIONS.

1. Ensure that the child is on their back on a firm, flat surface.

2. Kneel beside the child.

- Your knees should be near the child's body and spread about shoulder width apart.

3. Use correct hand placement.

- Place the heel of one hand in the center of their chest, with your other hand on top.
- Interlace your fingers and make sure they are up off the chest.
- **For a smaller child, you may use one hand to give compressions.**



4. Use correct body position.


- Position yourself so your shoulders are directly over your hands.
- Lock your elbows to keep your arms straight.



(Continued)

5. Give 30 compressions. ■ Push hard and fast (about 2 inches; 100 to 120 compressions per minute).	x 30
6. Allow chest to return to its normal position after each compression.	
7. Give two more sets of compressions.* ■ Take a brief break between each set of compressions. <i>* Practice only; in an emergency give sets of 30 compressions followed by 2 breaths.</i>	+ 2 more sets

Skill Practice Sheet: Giving Breaths to Children with a Face Shield

EACH PARTICIPANT SHOULD GIVE FIVE SETS OF 2 BREATHS.	
1. Place face shield over child's face, ensuring the one-way valve is over their mouth.	
2. Open the airway to a slightly past-neutral position using the head-tilt/chin-lift technique.	
3. Pinch nose shut , take a normal breath and make a complete seal over the person's mouth with your own mouth.	
4. Give 1st breath. <ul style="list-style-type: none"> ■ Blow into the child's mouth for about 1 second, enough to make the chest begin to rise. ■ Look to see that the chest rises. <p><i>Note: If you do not see the chest rise, retilt head and ensure a proper seal before giving 2nd breath.</i></p>	
5. Pause between the breaths to allow for the chest to fall and the air to exit.	Pause
6. Give 2nd breath. <ul style="list-style-type: none"> ■ Take another breath, make a seal, then give the 2nd breath. 	
7. Give four more sets of breaths.* <ul style="list-style-type: none"> ■ Take a brief break between each set of breaths. <p><i>* Practice only; in an emergency give sets of 30 compressions followed by 2 breaths.</i></p>	+ 4 more sets

Skill Practice Sheet: Giving Breaths to Children with a Pocket Mask

EACH PARTICIPANT SHOULD GIVE FIVE SETS OF 2 BREATHS.

1. Place the mask at the bridge of the nose and lower it over the child's nose and mouth.

2. Seal the mask and open the airway.

- Place the space of your hand between your thumb and index finger at the top of the mask above the valve.
- Place your remaining fingers on the side of the child's face.
- Place the thumb of your other hand along the base of the mask and place your bent index finger under the child's chin.
- Lift the child's face into the mask and open the airway to a slightly past-neutral position by tilting the head back.

3. Give 1st breath.

- Take a normal breath, make a complete seal over the mask valve with your mouth and blow into the child's mouth for about 1 second, enough to make the chest begin to rise.
- Look to see that the chest rises.

Note: If you do not see the chest rise, retilt head and ensure a proper seal before giving the 2nd breath.



4. Pause between the breaths to allow for the chest to fall and the air to exit.

Pause

5. Give 2nd breath.

- Take another breath, make a seal, then give the 2nd breath.

6. Give four more sets of breaths.*

- Take a brief break between each set of breaths.

* Practice only; in an emergency give sets of 30 compressions followed by 2 breaths.

+ 4 more sets

Skill Practice Sheet: Giving CPR Cycles to Children

EACH PARTICIPANT SHOULD PERFORM THREE CPR CYCLES OF 30 CHEST COMPRESSIONS AND 2 BREATHS.

1. Give 30 chest compressions.

- Push hard and fast (about 2 inches; 100 to 120 compressions per minute).
- Use correct hand placement.
 - Place the heel of one hand in the center of their chest with your other hand on top.
 - Interlace your fingers and make sure they are up off the chest.
- For a smaller child, you may use one hand to give compressions.
- Allow chest to return to its normal position.



2. Give 2 breaths.

- Each breath should last about 1 second and make the chest begin to rise.
- Minimize interruptions to chest compressions to give breaths to **less than 10 seconds**.



3. Give two more sets of 30 compressions and 2 breaths.

+ 2 more sets

Skill Practice Sheet: Giving CPR Cycles to Infants

EACH PARTICIPANT SHOULD PERFORM THREE CPR CYCLES OF 30 CHEST COMPRESSIONS AND 2 BREATHS.

1. Ensure the infant is on their back on a firm, flat surface.

2. Use correct body position.

- Stand or kneel to the side of the infant, with your hips at a slight angle.

3. Give 30 chest compressions.

- Push hard and fast (about 1½ inches; 100 to 120 per minute).
- Use correct hand technique (encircling thumbs technique).
 - Place both thumbs (side-by-side) on the center of the infant's chest just below the nipple line.
 - Use other fingers to encircle the infant's chest toward the back, providing support.
- Use both thumbs at the same time to press down on the infant's chest.
- Allow chest to return to its normal position.



4. Give 2 breaths.

- Maintain an open airway in the neutral position.
- Each breath should last about 1 second and make the chest begin to rise.
- Pause between the breaths to allow the infant's chest to fall and the air to exit.
- Minimize interruptions to chest compressions to give breaths to **less than 10 seconds**.



5. Give two more sets of 30 compressions and 2 breaths.

+ 2 more sets

Skill Practice Sheet: Using an AED for Children and Infants

EACH PARTICIPANT SHOULD OPERATE THE AED AND START CPR AFTER PUSHING THE SHOCK BUTTON.

1. Turn on AED.

2. Remove all clothing covering the chest, if necessary.

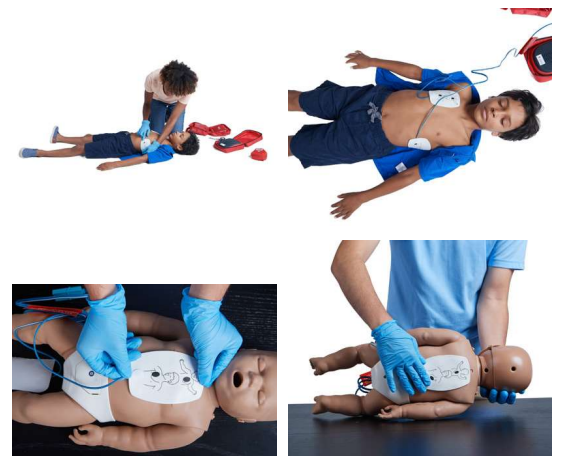
3. Choose appropriate pads.

- Use pediatric pads for children and infants up to 8 years of age and/or weighing less than 55 pounds (25 kg).
- Use adult pads for children older than 8 years of age and/or weighing more than 55 pounds (25 kg).



4. Attach pads correctly.

- **Children:** Place one pad on upper right side of chest and one pad on lower left side of chest, a few inches below the left armpit. Pads should not touch. If pads touch, use front/back pad placement.
- **Infants:** Always use the front/back pad placement. Place one pad in the middle of the chest and one pad on the back between the shoulder blades.



(Continued)

5. Plug the pad connector cable into the AED, if necessary.



6. Clear for analysis.



7. Clear for shock.

Clear

8. Push the shock button to deliver shock.



9. Immediately get into position to start CPR.

Note: Skill practice ends here.



Skill Practice Sheet: Giving Back Blows and Abdominal Thrusts to Adults and Children

EACH PARTICIPANT SHOULD PERFORM FIVE CYCLES OF 5 BACK BLOWS AND 5 ABDOMINAL THRUSTS.

BACK BLOWS. (ONLY SIMULATE STRIKING THE PERSON WHILE PRACTICING THIS SKILL.)

1. Position self to the side and slightly behind choking person.

- For a small child, you may need to kneel behind them rather than stand.

2. Place one arm diagonally across person's chest and **bend them forward** at the waist.

- The person's upper body should be as parallel to the ground as possible.

3. Give 5 back blows.

- Simulate* firmly striking the person to give 5 back blows between the shoulder blades with the heel of one hand.
- Each of the back blows should be separate from the others.

** Practice only; in an emergency strike the person's back firmly.*



ABDOMINAL THRUSTS. (ONLY SIMULATE GIVING ABDOMINAL THRUSTS WHILE PRACTICING THIS SKILL.)

4. Find the person's navel with two fingers.

5. Move behind the person and **place your front foot in between the person's feet** with your knees slightly bent to provide balance and stability.

- For a young child, you may need to **kneel behind them** rather than stand.

6. Make a fist with your other hand and **place the thumb side against the person's stomach**, right above your fingers.

(Continued)

7. Take your first hand and **cover your fist** with that hand.



8. Give 5 abdominal thrusts.

- Simulate* pulling inward and upward to give 5 abdominal thrusts.
- Each of the abdominal thrusts should be separate from the others.

** Practice only; in an emergency pull inward and upward to give an abdominal thrust.*



Skill Practice Sheet: Giving Back Blows and Abdominal Thrusts to Adults and Children (Without Physical Contact)

EACH PARTICIPANT SHOULD PERFORM FIVE CYCLES OF 5 BACK BLOWS AND 5 ABDOMINAL THRUSTS.

GIVE 5 BACK BLOWS.

1. Verbalize and demonstrate the proper positioning and stance for the responder.
 - Place one hand across own chest and grab own shoulder, then lean forward as parallel to the floor as possible to demonstrate the person's body position for giving back blows to the choking person.
 - Verbalize where on the back to give back blows (between the shoulder blades).



2. Stand up, outstretch one arm with the palm facing up, and give 5 back blows with the heel of the other hand onto the outstretched hand.
 - Strike the hand from 6 to 10 inches away.



GIVE 5 ABDOMINAL THRUSTS.

3. Verbalize and demonstrate the proper foot position and stance for the responder.
 - Stand with one foot in front of the other with knees bent for balance and stability.
4. Take two fingers of one hand and place them on the abdomen with the bottom finger over the navel.

(Continued)

5. With other hand, make a fist and place the thumb side of the fist against the abdomen, right above the fingers.



6. Cover the fist with the other hand.

7. Simulate pulling inward and upward to give an abdominal thrust.



8. Only simulate abdominal thrusts; do not use full force as you would if giving actual abdominal thrusts.

Skill Practice Sheet: Giving Back Blows and Chest Thrusts to Infants

EACH PARTICIPANT SHOULD PERFORM FIVE CYCLES OF 5 BACK BLOWS AND 5 CHEST THRUSTS.

BACK BLOWS

1. Place the infant's back along your forearm.

- Cradle the back of the infant's head with your hand.



2. Place your other forearm on the infant's front.

- Support the infant's jaw with the thumb and fingers; do not cover the infant's face.



3. Turn the infant to a face-down position and hold them along your forearm using your thigh for support.

- Keep the infant's head lower than their body.



4. Give 5 firm back blows.

- Use the heel of your hand to give back blows between the infant's shoulder blades.
- Keep your fingers up to avoid hitting the infant's head or neck.
- Each of the back blows should be separate from the others.

(Continued)

CHEST THRUSTS

5. Position the infant between your forearms.

- Support the head and neck.
- Turn the infant face-up.
- Lower the infant onto your thigh with their head lower than their chest.





6. Place two fingers in the center of the infant's chest, just below the nipple line.

7. Give 5 quick chest thrusts about 1 1/2 inches deep.

- Let the chest return to its normal position in between each chest thrust, keeping your fingers in contact with the chest.
- Each chest thrust should be separate from the others.
- Support the infant's head, neck and back while giving chest thrusts.



Skill Practice Sheet: Using Direct Pressure to Control Life-Threatening Bleeding

<p>1. Place the dressing on the wound.*</p> <ul style="list-style-type: none"> ■ Ensure good contact with the bleeding surfaces of the wound. <p><i>* Use a hemostatic dressing if available.</i></p>	
<p>2. Apply steady, firm pressure directly over the wound until the bleeding stops.</p> <ul style="list-style-type: none"> ■ Put one hand on top of the dressing and put your other hand on top. ■ Position your shoulders over your hands and lock your elbows. ■ Push down as hard as you can. ■ If blood soaks through the original gauze pad, you do not need to do anything, but you can put another gauze pad on top. Replace the new gauze pad as necessary if blood soaks through the pads. <p>Note: <i>Do not</i> remove the original gauze pad and do not stack multiple gauze pads.</p>	
<p>3. Hold direct pressure until:</p> <ul style="list-style-type: none"> ■ The bleeding stops. ■ A tourniquet is applied (for life-threatening bleeding from an arm or leg) and the bleeding has stopped. ■ Another person relieves you. ■ You are too exhausted to continue. ■ The situation becomes unsafe. 	

(Continued)

If bleeding stops before EMS arrives:

4. Apply a roller bandage.

- Check for circulation beyond the injury.
- Apply the bandage over the dressing and secure it firmly to keep pressure on the wound.
 - Place the end of a bandage on the dressing at a 45-degree angle.
 - Continue wrapping the bandage over the dressing.
 - Tape to secure the dressing.
- Check again for circulation beyond the injury. If there is any change, the bandage may be too tight; carefully loosen the bandage.



Assessment Scenario Flowcharts for Participants

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Assessment Scenario Flowchart: Giving CPR and Using an AED for Adults



First Aid Responder action.
Do not read aloud.



Instructor prompt. Read aloud
after each critical action.



Bystander, Parent, Injured
or Ill Person

First Aid Responder:

Checks the scene for **safety**, forms an **initial impression** and **puts on gloves**.

First Aid Responder:

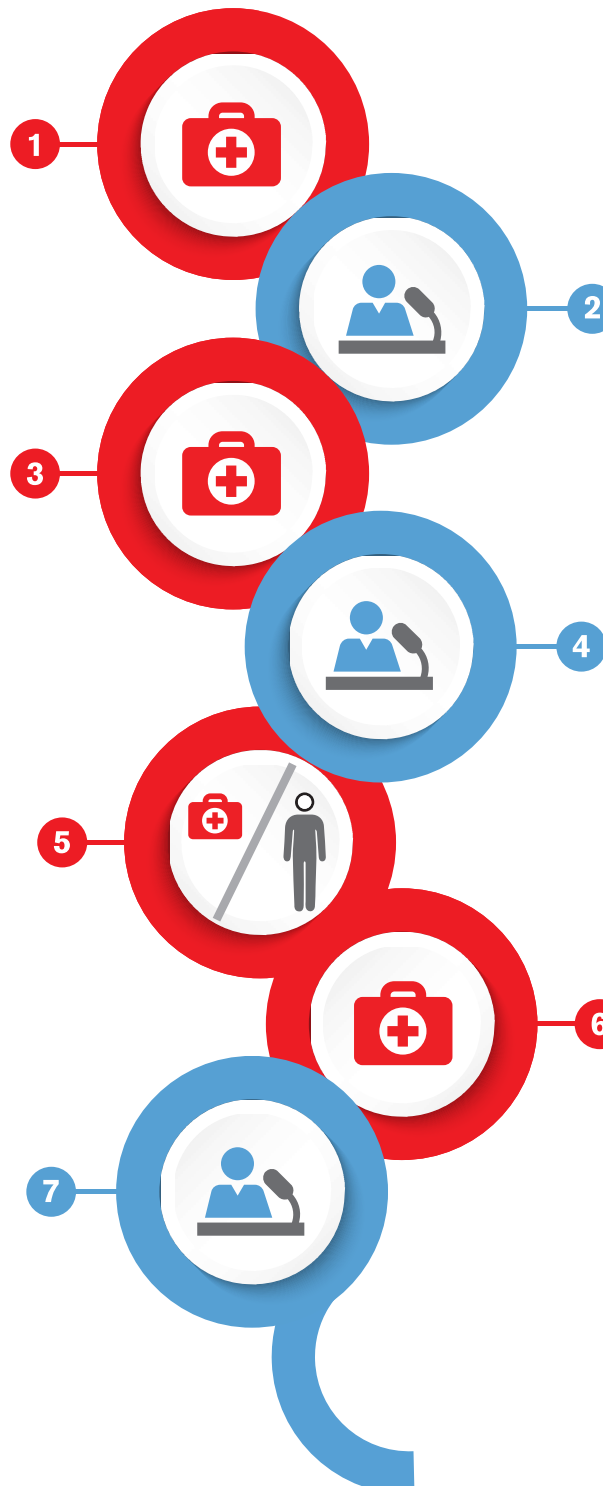
Checks for responsiveness, breathing, life-threatening bleeding and other life-threatening conditions (**shout-tap-shout**).

First Aid Responder:

Tells Bystander to **call 9-1-1** and get an **AED** and **first aid kit**.

Bystander: Verbalizes calling 9-1-1 and getting an AED and a first aid kit.

Instructor: The Bystander has returned with the AED.



Instructor: The scene is safe, the person appears unresponsive, but you do not see life-threatening bleeding. Consent is implied.

Instructor: The person is unresponsive and is not breathing. There is no life-threatening bleeding.

First Aid Responder:

- Gives 30 compressions.
- Gives 2 breaths.
- Repeats CPR cycle of 30:2 two times.

(Continued)



First Aid Responder action.
Do not read aloud.



Instructor prompt. Read aloud
after each critical action.



Bystander, Parent, Injured
or Ill Person

First Aid Responder:

- **Turns on** the AED.
- **Attaches pads** correctly.
- **Clears for analysis.**
 - Shouts, “Clear!” as they stand clear.
- **Clears for shock.**
 - Shouts, “Clear!” as they stand clear.
- Pushes button to **deliver shock.**
- After delivering shock, immediately **resumes compressions.**

8



9



Instructor: [After one cycle of CPR] EMS personnel have arrived and are beginning their care of the person.

Assessment Scenario Flowchart: Giving CPR and Using an AED for Children



First Aid Responder action.
Do not read aloud.



Instructor prompt. Read aloud
after each critical action.



Bystander, Parent, Injured
or Ill Person

First Aid Responder:

Checks the scene for **safety**, forms an **initial impression**, obtains **consent** and **puts on gloves**.

Parent/Bystander:

Gives consent, or consent is implied.

First Aid Responder:

Checks for responsiveness, breathing, life-threatening bleeding and other life-threatening conditions (**shout-tap-shout**).

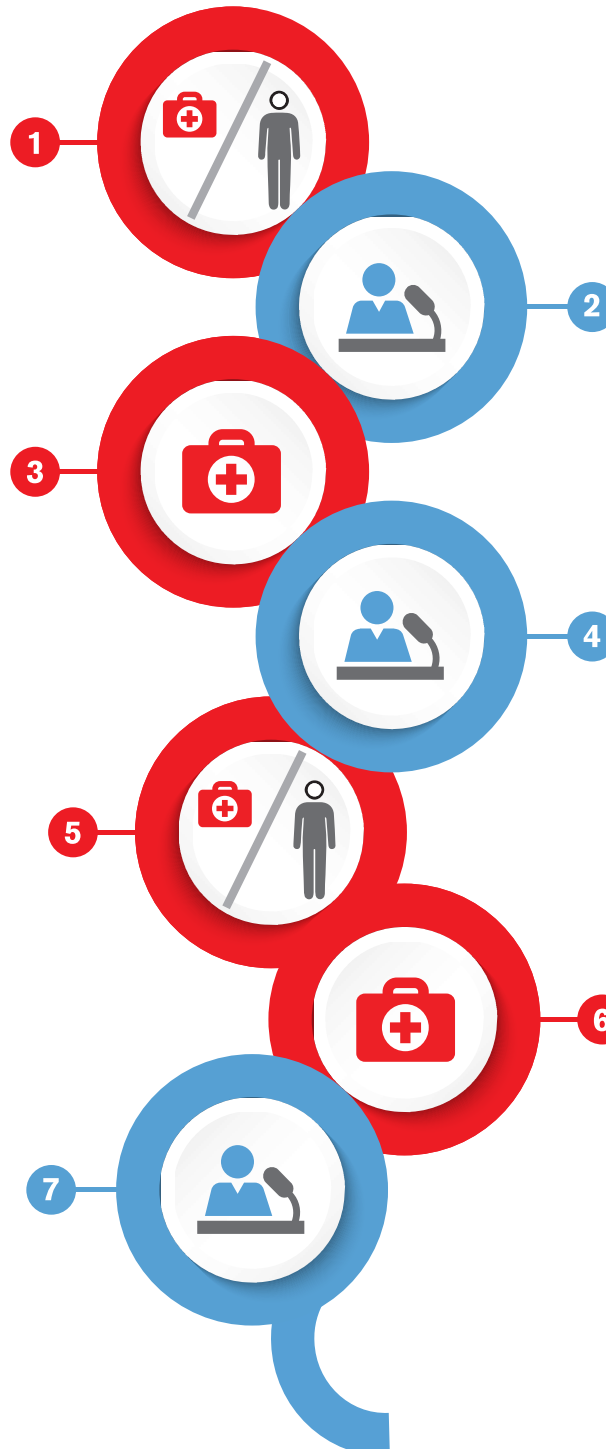
First Aid Responder:

Tells Parent/Bystander to **call 9-1-1** and get an **AED** and **first aid kit**.

Parent/Bystander:

Verbalizes calling 9-1-1 and getting an AED and a first aid kit.

Instructor: The Parent/Bystander has returned with the AED.



Instructor: The scene is safe, the child appears unresponsive, but you do not see life-threatening bleeding. You have consent.

Instructor: The child is unresponsive and is not breathing. There is no life-threatening bleeding.

First Aid Responder:

- Gives **30 compressions**.
- Gives **2 breaths**.
- **Repeats CPR cycle** of 30:2 two times.

(Continued)



First Aid Responder action.
Do not read aloud.



Instructor prompt. Read aloud
after each critical action.



Bystander, Parent, Injured
or Ill Person

First Aid Responder:

- **Turns on** the AED.
- **Attaches pads** correctly.
- **Clears for analysis.**
 - Shouts, “Clear!” as they stand clear.
- **Clears for shock.**
 - Shouts, “Clear!” as they stand clear.
- Pushes button to **deliver shock.**
- After delivering shock, immediately **resumes compressions.**

8



9



Instructor: [After one cycle of CPR] EMS personnel have arrived and are beginning their care of the child.

Assessment Scenario Flowchart: Giving CPR and Using an AED for Infants



First Aid Responder action.
Do not read aloud.



Instructor prompt. Read aloud
after each critical action.



Bystander, Parent, Injured
or Ill Person

First Aid Responder:

Checks the scene for **safety**, forms an **initial impression**, **obtains consent** and **puts on gloves**.

Parent/Bystander:

Gives consent, or consent is implied.

First Aid Responder:

Checks for responsiveness, breathing, life-threatening bleeding and other life-threatening conditions (**shout-tap-shout**).

First Aid Responder:

Tells Parent/Bystander to **call 9-1-1** and get an **AED** and **first aid kit**.

Parent/Bystander:

Verbalizes calling 9-1-1 and getting an AED and a first aid kit.



Instructor: The scene is safe, the infant appears unresponsive, but you do not see life-threatening bleeding. You have consent.

Instructor: There is no response, and the infant is not breathing. There is no life-threatening bleeding.

First Aid Responder:

- Gives **30 compressions**.
- Gives **2 breaths**.
- **Repeats CPR cycle** of 30:2 two times.

(Continued)



First Aid Responder action.
Do not read aloud.



Instructor prompt. Read aloud
after each critical action.



Bystander, Parent, Injured
or Ill Person

Instructor: The Parent/
Bystander has returned
with the AED.

7



Instructor: [After one
cycle of CPR] EMS has
arrived and is beginning
their care of the infant.

9



8



First Aid Responder:

- **Turns on** the AED.
- **Attaches pads** correctly.
- **Clears for analysis.**
 - Shouts, “Clear!” as they stand clear.
- **Clears for shock.**
 - Shouts, “Clear!” as they stand clear.
- Pushes button to **deliver shock.**
- After delivering shock, immediately **resumes compressions.**

Assessment Scenario Flowchart: Caring for a Choking Adult or Child



First Aid Responder action.
Do not read aloud.



Instructor prompt. Read aloud
after each critical action.



Bystander, Parent, Injured
or Ill Person

First Aid Responder:

Checks the scene for **safety**, forms an **initial impression**, **obtains consent** and **puts on gloves**.

Choking Person:

Gives consent, or consent is implied.

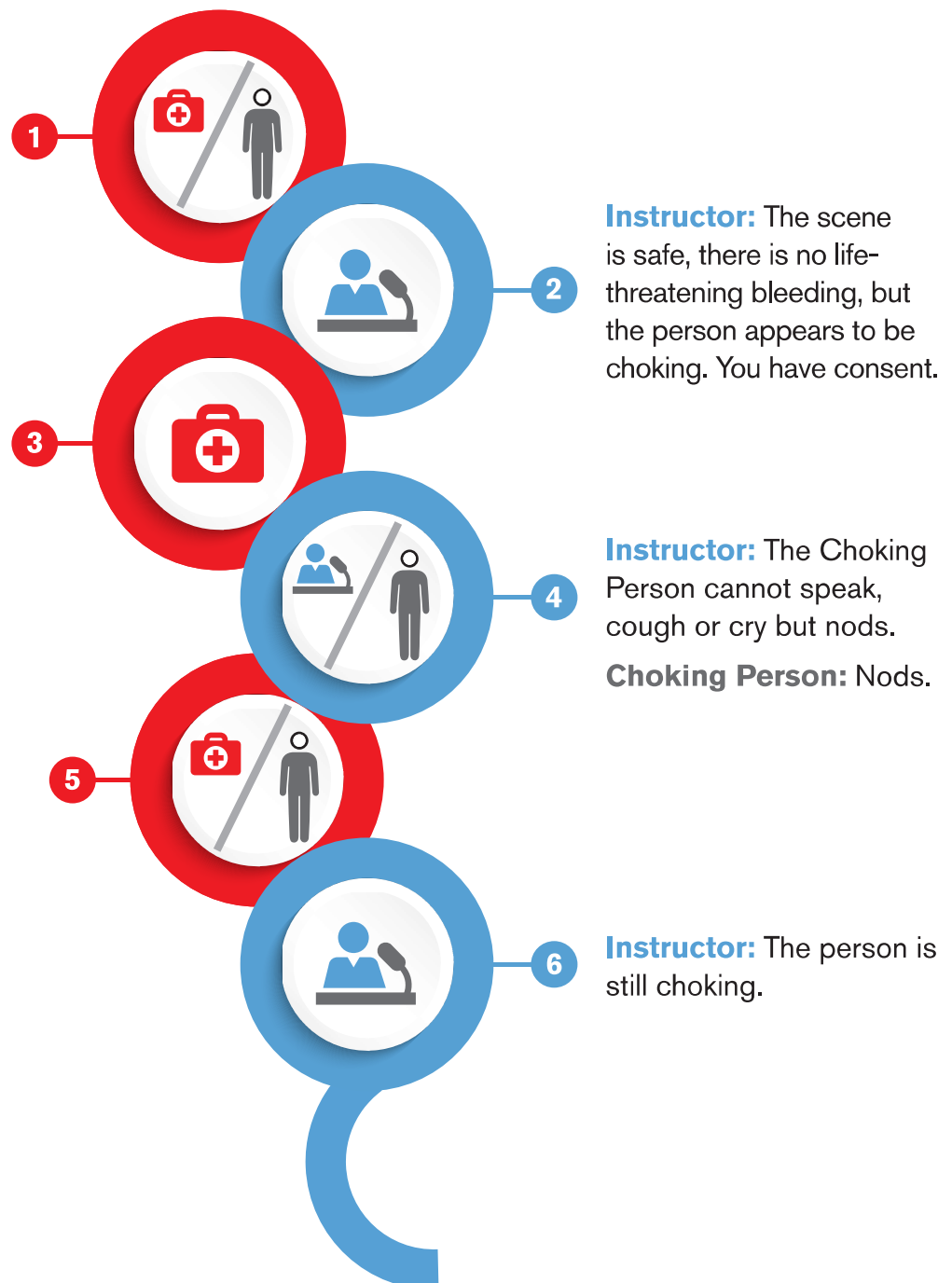
First Aid Responder:

Verifies that the person is choking. Asks, “**Are you choking?**”

First Aid Responder:

- Tells Bystander to **call 9-1-1** and **get an AED** and **first aid kit**.
- Gives **5 back blows**.

Bystander: Verbalizes calling 9-1-1 and getting an AED and a first aid kit.



(Continued)



First Aid Responder action.
Do not read aloud.



Instructor prompt. Read aloud
after each critical action.



Bystander, Parent, Injured
or Ill Person

First Aid Responder:
Gives **5 abdominal
thrusts**.

7



8



Instructor: The person is
still choking.

First Aid Responder:
Gives another **set of
5 back blows and
5 abdominal thrusts**
until the object is
cleared.

9



10



Instructor: The object
has been dislodged, and
the person can speak.
You continue to monitor
the person until EMS
personnel arrive and
begin their care.

Assessment Scenario Flowchart: Caring for a Choking Infant



First Aid Responder action.
Do not read aloud.



Instructor prompt. Read aloud
after each critical action.



Bystander, Parent, Injured
or Ill Person

First Aid Responder:

Checks the scene for **safety**, forms an **initial impression**, **obtains consent** and **puts on gloves**.

Parent/Bystander:

Gives consent, or consent is implied.

First Aid Responder:

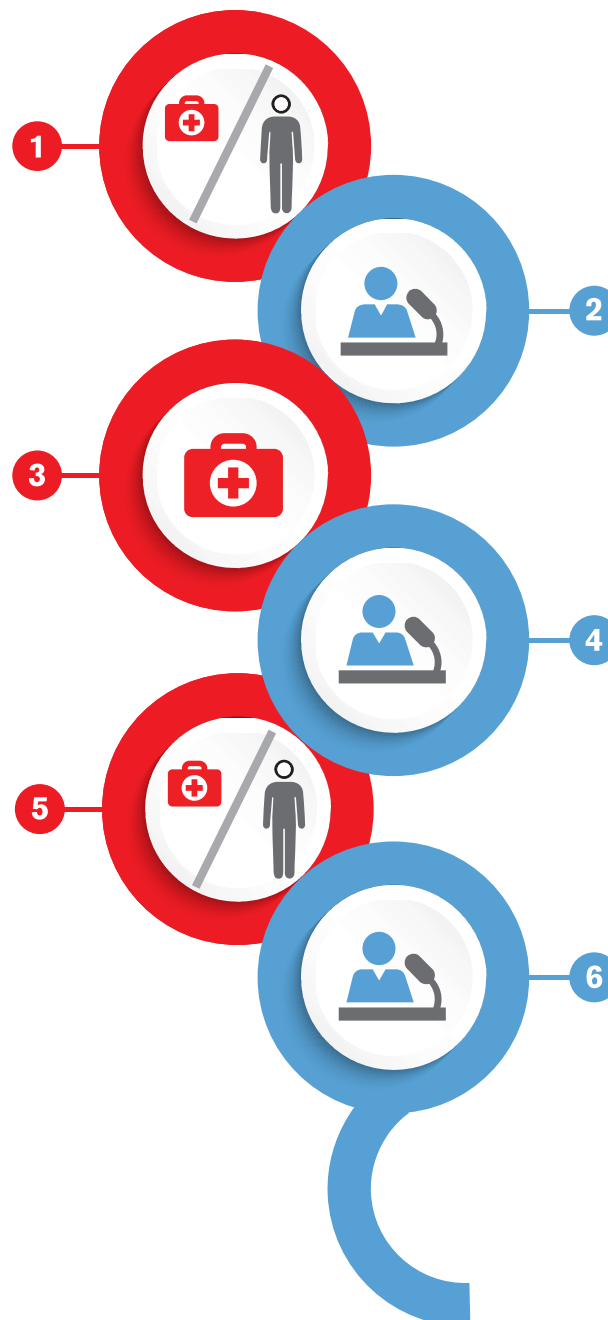
Verifies that the infant is choking. **Observes** the infant is not coughing, crying or making any sounds despite effort.

First Aid Responder:

- Tells Parent/Bystander to **call 9-1-1** and get an **AED** and **first aid kit**.
- Gives 5 **back blows**.

Parent/Bystander:

Verbalizes calling 9-1-1 and getting an AED and a first aid kit.



Instructor: The scene is safe, there is no life-threatening bleeding, but the infant appears to be choking. You have consent.

Instructor: The infant cannot cry or cough forcefully. The infant is choking.

Instructor: The infant is still choking.

(Continued)



First Aid Responder action.
Do not read aloud.



Instructor prompt. Read aloud
after each critical action.



Bystander, Parent, Injured
or Ill Person

First Aid Responder:
Gives **5 chest thrusts**.

7



8

Instructor: The infant is
still choking.

First Aid Responder:
Gives another **set of
5 back blows and
5 chest thrusts** until
the object is cleared.

9



10

Instructor: The object
has been dislodged,
and the infant can cry.
You continue to monitor
the infant until EMS
personnel arrive and
begin their care.

Assessment Scenario Flowchart: Caring for a Person Experiencing a Sudden Illness



First Aid Responder action.
Do not read aloud.



Instructor prompt. Read aloud
after each critical action.



Bystander, Parent, Injured
or Ill Person

First Aid Responder:

Checks the scene for **safety** and forms an **initial impression**.

Person with Sudden Illness:

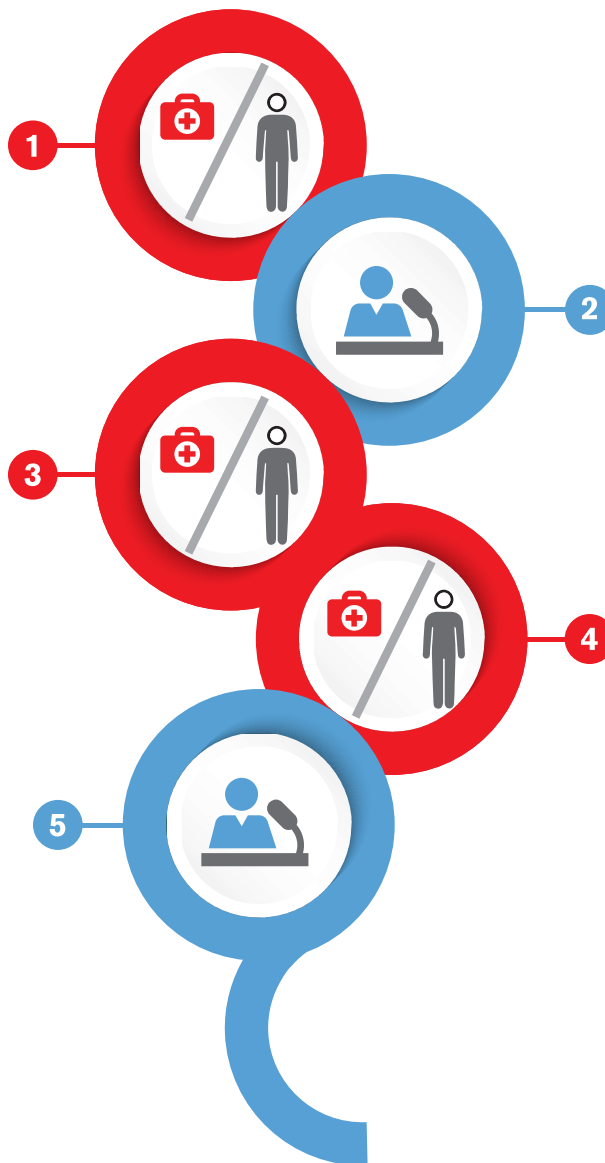
Demonstrates trouble breathing and other signs and symptoms related to asthma attack, anaphylaxis or diabetic emergency.

First Aid Responder:

Tells Bystander to **call 9-1-1** and **get an AED** and **first aid kit**.

Bystander: Verbalizes calling 9-1-1 and getting an AED and a first aid kit.

Instructor: You have consent. You allow the person to assume a position of comfort and continue your check to determine what additional care may be needed.



Instructor: The scene is safe. The person is having trouble breathing and looks anxious.

First Aid Responder: **Obtains consent** and puts on **gloves**.

Person with Sudden Illness: Gives consent, or consent is implied.

(Continued)



First Aid Responder action.
Do not read aloud.



Instructor prompt. Read aloud
after each critical action.



Bystander, Parent, Injured
or Ill Person

First Aid Responder:

- Uses **SAM** to interview the person.
- Does a **focused check**.

Person with Sudden Illness: Gives answers and continues to role-play asthma attack, anaphylaxis or diabetic emergency.

First Aid Responder: Verbalizes the **condition** (i.e., asthma attack, anaphylaxis or diabetic emergency) and key **care** steps to be provided.

6



7



Instructor: Give care for the condition found according to your level of training.

8



9



Instructor: EMS personnel have arrived and are beginning their care of the person.

Assessment Scenario Flowchart: Caring for Life-Threatening Bleeding



First Aid Responder action.
Do not read aloud.



Instructor prompt. Read aloud
after each critical action.



Bystander, Parent, Injured
or Ill Person

First Aid Responder:

Checks the scene for **safety**, forms an **initial impression**, **obtains consent** as necessary and puts on **gloves**.

First Aid Responder:

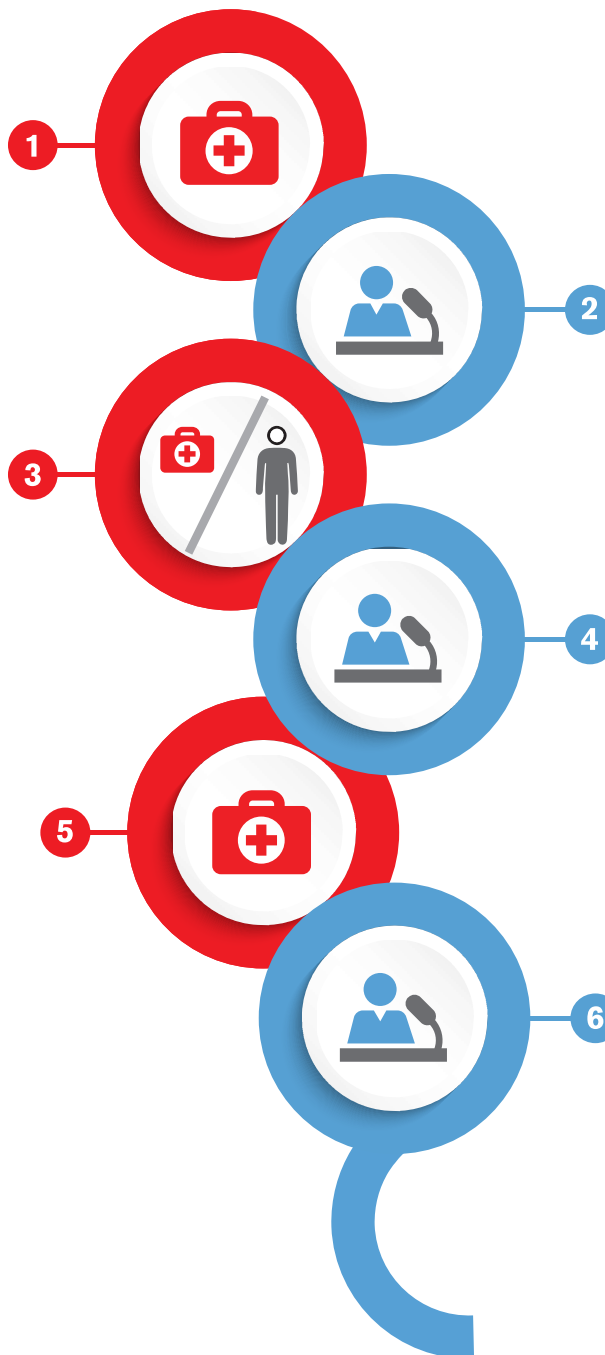
- Tells Parent/Bystander to **call 9-1-1** and **get a bleeding control/first aid kit** and an **AED**.
- Applies **direct pressure** to the wound with a gauze pad.

Parent/Bystander:

Verbalizes calling 9-1-1 and getting a bleeding control/first aid kit and an AED.

First Aid Responder:

- **Continues** direct pressure.
- Puts a **second gauze pad** on top of the original gauze pad (optional).
- **Does not remove** the original gauze pad.
- **Verbalizes need to continue direct pressure** until a tourniquet arrives (extremity only) or the bleeding has stopped.



Instructor: The scene is safe. The person appears responsive and is bleeding from a large wound on their leg. The blood is bright red and flowing continuously. You have consent. There is no tourniquet available.

Instructor: The blood is soaking through the gauze pad.

Instructor: The bleeding has stopped.

(Continued)



First Aid Responder action.
Do not read aloud.



Instructor prompt. Read aloud
after each critical action.



Bystander, Parent, Injured
or Ill Person

First Aid Responder:

- **Checks circulation** beyond the injury.
- Applies a roller **bandage** over the dressing to keep pressure on the wound.
- **Checks circulation** again; loosens the bandage as necessary.
- **Removes gloves** and verbalizes need to **wash hands**.

7



8



Instructor: You continue to monitor for shock and give care, if necessary. EMS personnel have arrived and are beginning their care of the person.