

PAK102 – CARDIOPULMONARY RESUCITATION

BEHAVIORAL OBJECTIVES

This review is divided into 4 sections: General Information, the 3 Cs, CPR Guidelines and AED Guidelines. At the end of this review, the participant will be able to demonstrate an understanding of the basic-principles that follow:

SECTION 1: GENERAL INFORMATION

- define adult CPR
- discuss the importance of CPR training
- define AED
- explain how to recognize an emergency
- discuss factors to consider when deciding to help
- explain the Good Samaritan Law
- list 8 warning signs of stroke
- list 13 signs of heart attack
- define and list 10 signs of shock

SECTION 2: THE 3 CS

- list and explain the 3 Cs
- list 10 additional recommendations when performing CPR
- explain the OSHA reminders
- list and explain 5 rules when obtaining consent with an adult who is conscious
- explain how to manage an emergency involving more than one victim

SECTION 3: CPR GUIDELINES

- describe the 2008 Hands-only-CPR update
- discuss the general procedure that CPR involves
- explain the A B C of basic CPR technique
- explain and demonstrate methods of rolling a victim over
- explain how to open an airway
- explain methods to check for breathing
- demonstrate taking a pulse
- demonstrate hand-chest-arm placement
- explain the recommended cycle and 3 circumstances to continue the cycles
- explain the 2 rescuer method
- list 4 rescuer guidelines
- explain 7 ways when performing CPR to protect the head and neck of a victim if they are injured

SECTION 4: AED GUIDELINES

- define AED
- define the following: arrhythmia, defibrillation, SCA
- explain when AED is used
- explain the 4 step chain of survival and how to determine use
- list and explain 7 important AED precautions