

## **Safety Precautions in CPR Courses**

**The Course for which you are enrolled may include physical strain, possibility of cross-infection, and emotional stress. If your physician has recommended that you avoid strenuous activity or limit your activity in any way, you need to realize that CPR is hard work! This is true both when you practice on a manikin and when you perform CPR on a Cardiac Arrest Victim.**

**If you have a medical or coronary history that may be aggravated by this course, consult your physician about your ability to participate in such a course.**

**If you have reservations about being able to perform CPR on a cardiac arrest victim, you should consider this before beginning this course.**

**If you have any type of infectious disease, including upper respiratory infection or open sores on your hands, mouth, or face, it is imperative to defer manikin practice until you are well, unless special arrangements are made.**

## **Good Samaritan Act (FS 768.13)**

**“Any person, including those licensed to practice medicine, who gratuitously and in good faith renders emergency care or treatment at the scene of an emergency outside a hospital, doctor’s office, or other place having proper medical equipment, without objection of the injured victim or victims thereof, shall not be held liable for any civil damages as a result of any act or failure to act in providing or arranging further medical treatment where the person acts as an ordinary, reasonable prudent man would have acted under the same or similar circumstances.”**



## BLS/HCP Summary

Maneuver	Adult Lay Rescuer: >8 years HCP: Adolescent >	Child 1 to 8 years HCP : 1yr to adolescent	Infant Under 1 year
<b>ACTIVATE</b> Emergency Response Number (one rescuer)	Activate when victim found unresponsive HCP: If asphyxial arrest likely, call after 5 cycles <b>(2 min) CPR</b>	Activate after performing 5 cycles of CPR For sudden, witnessed collapse activate after verifying that victim unresponsive	
<b>Airway</b>	Head tilt-chin lift		
<b>Breaths</b> Initial	2 Breaths @ 1 sec/breath	2 effective breaths at 1 second/breath	
HCP: Rescue Breathing without chest compressions	10 to 12 breaths/min (approximately 1 breath every 5 to 6 seconds)	12 to 20 breaths/min (approximately 1 breath every 3 to 5 seconds)	
HCP: Rescue breaths for CPR with advanced airway	8 to 10 breaths/min (approximately 1 breath every 6 to 8 seconds)		
<b>Foreign-body airway obstruction</b>	Abdominal thrusts		Back slaps & Chest thrusts
<b>CIRCULATION</b> HCP: Pulse Check(<10 sec)	Carotid (HCP can use femoral in child)		Brachial or Femoral
Compressions landmarks	In the center of the chest between the nipples		Just below nipple line
Compressions method Push hard and fast allow complete recoil	<b>2 Hands:</b> Heel of 1 hand second hand on top	<b>2 Hands:</b> Heel of 1 hand with second on top or <b>1 Hand:</b> Heel of 1 hand only	1 rescuer: 2 fingers HCP: 2 rescuers 2 thumb-encircling hands
Compression depth	1 1/2 to 2 inches	About 1/3 to 1/2 the depth of the chest	
Compression rate	Approximately 100/min		
Compression-ventilation ratio	30 to 2 (1 or 2 rescuers)	30 to 2 (single rescuer) <b>HCP:</b> 15 to 2 (2 rescuers)	
<b>Defibrillation</b>			
<b>AED</b>	Use adult pads. Do not use child pads/child system. <b>HCP:</b> For-out-of-hospital response may provide 5 cycles/2 minutes of CPR before shock if response >4 to 5 minutes and arrest not witnessed	<b>HCP:</b> Use AED as soon as available for sudden collapse and in-hospital <b>All:</b> After 5 cycles of CPR (out-of-hospital). Use child pads/system for child 1 to 8 years if available. If child pads/system not available, use adult AED and pads	Not recommendation for infants <1yr of age



Trinity Training & Consulting Inc.  
American Heart Association

**Healthcare Provider Course**

**Test booklet #** \_\_\_\_\_

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Written Evaluation

Skills Check off

1. A. B. C. D.
2. A. B. C. D.
3. A. B. C. D.
4. A. B. C. D.
5. A. B. C. D.
6. A. B. C. D.
7. A. B. C. D.
8. A. B. C. D.
9. A. B. C. D.
10. A. B. C. D.
11. A. B. C. D.
12. A. B. C. D.
13. A. B. C. D.
14. A. B. C. D.
15. A. B. C. D.
16. A. B. C. D.
17. A. B. C. D.
18. A. B. C. D.
19. A. B. C. D.
20. A. B. C. D.

- |                                |      |      |
|--------------------------------|------|------|
| Adult/Child 1 rescuer CPR Test | Pass | Fail |
| Checked off By _____           |      |      |
| Adult 2 Rescuer CPR with AED   | Pass | Fail |
| Checked off By _____           |      |      |
| Infant 1 and 2 Rescuer CPR     | Pass | Fail |
| Checked off By _____           |      |      |



## Trinity Training & Consulting/AHA Course Evaluation

Instructions: Please take a few moments to complete an evaluation of this program. In an effort to provide quality educational activities, your responses will help Staff Development and AHA in developing new programs and or revising old ones. Please answer the following questions honestly and completely: this is your opportunity for providing us customer feedback. Thank you for your cooperation.

Date of Course: \_\_\_\_\_ Name of Course: BLS

Course Director/Lead Instructor \_\_\_\_\_

Name of Training Center: ORMC Name of Training Site: TTC

Check one: \_\_\_\_\_ MD/DO \_\_\_\_\_ RN \_\_\_\_\_ Paramedic \_\_\_\_\_ EMT \_\_\_\_\_ Other

Reason for taking this course: \_\_\_\_\_

Use the following scale to rate your answers:

Strongly Disagree    Disagree    Neutral    Agree    Agree Strongly    Not Applicable  
 1                            2                            3                            4                            5                            0

		0	1	2	3	4	5	Comments
1.	The program met its stated objectives.							
2.	Overall this course met my expectations							
3.	The program content was relevant to my work and extended my knowledge							
4.	There was an adequate supply of equipment that was clean and in good working order							
5.	The method of presentation enhanced my learning experience							
6.	The audiovisual materials enhanced the presentation							
7.	The program resource materials were useful.							
8.	Course materials, including AHA textbook, were provided							
9.	The classroom environment was conducive to learning							
10.	There were adequate and appropriate physical facilities for this course.							
11.	I would recommend this course to my colleagues							
12.	The program was presented at an appropriate pace conducive to learning.							
13.	Instructors presented the material with knowledge and clarity.							
14.	Instructors provided adequate and helpful feedback.							



Please rate the instructor's overall effectiveness:

Poor 1      Fair 2      Satisfactory 3      Good 4      Excellent 5      Not Applicable 0

Instructor's Name	0						Topic	Comments
	1	2	3	4	5	0		

Please use this space for additional Comments: \_\_\_\_\_  
 \_\_\_\_\_

Were there any specific strengths or weaknesses that you would like to comment on? \_\_\_\_\_  
 \_\_\_\_\_

In order to meet your educational needs, please list 3 educational programs you would be interested in:  
 1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

(Optional)  
 If you would like feedback on your comments, please fill out the following:  
 Name: \_\_\_\_\_  
 Address \_\_\_\_\_  
 Phone: \_\_\_\_\_  
 Signature (Required if any action is being requested) \_\_\_\_\_

Please submit your comments to the Course Director/Instructor at course end, or if you prefer, you can call the Regional office at 1-888-CPR-LINE