



- 1. Assesses victim and activates emergency response system (this *must* precede starting compressions) within 30 seconds. After determining that the scene is safe:**
 - Checks for responsiveness by tapping and shouting
 - Shouts for help/directs someone to call for help *and* get emergency equipment
 - Checks for no breathing or no normal breathing (only gasping)
 - Scans from the head to the chest for a minimum of 5 seconds and no more than 10 seconds
 - Checks brachial pulse
 - Can be done simultaneously with check for breathing
 - Checks for a minimum of 5 seconds and no more than 10 seconds
- 2. Performs high-quality chest compressions during 1-rescuer CPR (initiates compressions within 10 seconds after identifying cardiac arrest)**
 - Correct placement of hands/fingers in centre of chest
 - 1 rescuer: 2 fingers or 2 thumbs just below the nipple line
 - *If the rescuer is unable to achieve the recommended depth, it may be reasonable to use the heel of one hand*
 - Compression rate of 100 to 120/min
 - Delivers 30 compressions in 15 to 18 seconds
 - Adequate depth for age
 - Infant: at least one third the depth of the chest (approximately 4 cm [1½ inches])
 - Use of a commercial feedback device or high-fidelity mannequin is required
 - Complete chest recoil after each compression
 - Appropriate ratio for age and number of rescuers
 - 1 rescuer: 30 compressions to 2 breaths
 - Minimizes interruptions in compressions
 - Delivers 2 breaths so less than 10 seconds elapses between last compression of one cycle and first compression of next cycle
- 3. Provides effective breaths with bag-mask device during 2-rescuer CPR**
 - Opens airway adequately
 - Delivers each breath over 1 second
 - Delivers breaths that produce visible chest rise
 - Avoids excessive ventilation
 - Resumes chest compressions in less than 10 seconds
- 4. Switches compression technique at appropriate interval as prompted by the instructor (for purposes of this evaluation). Switch should take no more than 5 seconds.**
- 5. Performs high-quality chest compressions during 2-rescuer CPR**
 - Correct placement of hands/fingers in centre of chest
 - 2 rescuers: 2 thumb–encircling hands just below the nipple line
 - Compression rate of 100 to 120/min
 - Delivers 15 compressions in 7 to 9 seconds
 - Adequate depth for age
 - Infant: at least one third the depth of the chest (approximately 4 cm [1½ inches])
 - Complete chest recoil after each compression
 - Appropriate ratio for age and number of rescuers
 - 2 rescuers: 15 compressions to 2 breaths
 - Minimizes interruptions in compressions
 - Delivers 2 breaths so less than 10 seconds elapses between last compression of one cycle and first compression of next cycle