



- 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 AED/defibrillator
 - 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 carotid 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 (initiates compressions immediately after recognition of cardiac arrest)**
 - Correct hand placement
 - Lower half of sternum
 - 2-handed (second hand on top of the first or grasping the wrist of the first hand)
 - Compression rate of 100 to 120/min
 - Delivers 30 compressions in 15 to 18 seconds
 - Compression depth and recoil—at least 5 cm (2 inches) and avoid compressing more than 6 cm (2.4 inches)
 - Use of a commercial feedback device or high-fidelity mannequin is required
 - Complete chest recoil after each compression
 - 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
 - Compressions resumed immediately after shock/no shock indicated
- 3. Provides 2 breaths by using a barrier device**
 - Opens airway adequately
 - Uses a head tilt–chin lift manoeuvre or jaw thrust
 - 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. Performs same steps for compressions and breaths for Cycle 2**
- 5. AED use**
 - Powers on AED
 - Turns AED on by pushing button or lifting lid as soon as it arrives
 - Correctly attaches pads
 - Places proper-sized (adult) pads for victim’s age in correct location
 - Clears for analysis
 - Clears rescuers from victim for AED to analyze rhythm (pushes analyze button if required by device)
 - Communicates clearly to all other rescuers to stop touching victim
 - Clears to safely deliver shock
 - Communicates clearly to all other rescuers to stop touching victim
 - Safely delivers a shock
 - Resumes chest compressions immediately after shock delivery
 - Does not turn off AED during CPR
- 6. Resumes compressions**
 - Ensures that high-quality chest compressions are resumed immediately after shock delivery
 - Performs same steps for compressions