LIFESAVING SOCIETY

One-rescuer CPR

Adult

Resuscitation

Purpose:

To support breathing and circulation in an unconscious and non-breathing patient.

	Candidates' Names											
	1	2	3	4	5	6	7	8	9	10	11	12
Must See												
Assesment of environment for hazards												
Establish unresponsiveness												
Activate Emergency Medical System (EMS): Phone or send bystander before continuing												
Attempt to obtain AED and recruit AED-trained responder if available												
Open airway												
Check for breathing: look, listen, feel (no more than 10 sec.)												
If breathing is absent, 2 rescue breaths: observe chest rise												
Careful landmarking (center of chest between nipples)												
CPR: 30 compressions / 2 rescue breaths												
If the victim begins to move, reassess ABCs and treat												
Effective use of barrier devices												
Risky actions												
To move the patient abruptly for no reason												
To compress the chest on the xiphoid process												
Not using barrier devices												
Other:												
	1	2	3	4	5	6	7	8	9	10	11	12
Does the candidate meet the item's purpose ? (✓or F)												

Instructor questions	**General notes:**
Did the candidate put in danger :	
- His/her life ?	
- The patient's life ?	
Did the candidate commit a risky action?	
Did the candidate demonstrate the Must Sees?	
Did the candidate treat more serious injuries first?	

Course information

Date: _____ **Instructor:** _____

Location: _____ **# member:** _____

Affiliation: _____ **Phone number:** _____

Phone number: _____

Reference: Award Guides National Lifeguard and Emergency Care

Remarques

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