

HRPWA CADET PROGRAM
ADULT CPR OUTLINE

Objective: To teach cadets the steps involved in performing CPR, rescue breathing and abdominal thrusts on the adult victim.

1. Chest Compressions
 - a. Purpose of chest compressions
 - b. Proper hand placement, depth and speed (discuss and practice)
2. Breathing
 - a. Purpose of the breathing component
 - b. Head tilt chin lift technique
 - c. Barrier Devices
 - d. Speed and Volume of delivery of breaths (discuss and practice)
3. Practice full cycle of CPR (breathing and chest compressions combined)
4. Responding to the scene
 - a. Scene Safety
 - b. Check the responsiveness -Tap and Shout
 - c. Call for help/911
 - d. Check the victim
 - i. Look
 - ii. Listen
 - iii. Feel
 - e. Practice skills a-d
5. Final Demonstration of complete CPR from Scene Safety to Compressions
6. AED
 - a. Purpose of AED
 - b. Special Precautions
 - c. Steps for use
 - d. Practice
7. Choking
 - a. Discuss what is and isn't choking
 - b. Steps to Perform Abdominal Thrusts
 - i. Talk to the victim
 - ii. Hand/Body/Feet Placement
 - iii. Practice (simulate thrusts)
 - iv. Special Precautions
 1. Pregnancy
 2. Person larger than responder
 3. Choking person is alone