

Apprentice Basic Life Support Cardiopulmonary Resuscitation - Automated External Defibrillation (CPR w/ A.E.D.)

The purpose of this event is for the apprentice lineman to demonstrate proper care of a co-worker who suffers sudden cardiac arrest. This is a two-part event consisting of a demonstration of the physical skills needed for performance of Cardiopulmonary Resuscitation/Automated External Defibrillation followed by a written test on these same skills.

An apprentice and a journeyman have just left the line truck and are preparing to begin work. The journeyman suffers sudden cardiac arrest and collapses to the ground. As subsequent assessments will reveal, his normal breathing has ceased. The manikin will represent the journeyman. One of the judges will be a Good Samaritan who will call 911 and retrieve AED.

- Time starts at the Judge's signal. Apprentice will go to the aid of the Journeyman following the protocols of Guidelines 2010, One Rescuer CPR Adult with AED.

1. Establish Unresponsiveness If Unresponsive, activate EMS System	Tap shoulder with Moderate Force. Call Loudly "Are You OK?" If no response, send someone (judge) to call 911 & get Automated External Defibrillator (AED)
2. Assess breathing without moving patient	Look, listen feel for normal breathing for 5 seconds. A. If breathing normal, put in Recovery position if no trauma suspected. B. If not breathing normally, place on back proceed to step 3
3. Begin CPR with 30 Compressions	Place the heel of one hand on the lower half of the Breastbone. Put the heel of the other hand on top of the first. Your shoulders over the middle of the patient's chest. Press straight down to a depth of at least 2 inches at the rate of at least 100 per minute (30 in 18 seconds min.). Allow full chest recoil after each compression. Press hard and fast!
4. Give 2 ventilations	Open the airway with head tilt – chin lift. Give breathe watch for visible chest rise. Allow patient to exhale and give second breath with visible chest rise. This should not take longer than 5 seconds.
5. Continue CPR until AED arrives.	Step 3 and Step 4 for 3 cycles or AED arrives. Contestant may stop CPR and use the AED as soon as it arrives on the scene.
6. Attach AED to patient's bare chest, deliver 1 shock, and immediately resume CPR with chest compressions.	Follow audible instructions from the AED. Keep everyone back from the patient during analysis, and clearly announce your intention to shock before doing so. "Everyone clear shocking" while waving hand over patient

- For purposes of this event, time will stop after 3 cycles of compressions and breathes have been given following the first shock.
- Each contestant will be issued his own individual sanitized face piece; therefore it will not be necessary to utilize a face shield. This exercise does not require the use of protective gloves.

Materials Provided

CPR Manikin with checking instruments and AED trainer.

Face piece

Written Test

Following the CPR/AED Skills Demonstration Exercise, each participant will take a written test pertaining to the skills needed in the demonstration portion of this event. Each correct answer will be worth two (2) points. The total time for the written test will be recorded to the thousandths and will be used as a tie-breaker in the event of a tie in the total points earned by participants in this event. Participant will signal judge when ready to start and stop.

Skills Demonstration Exercise Mean Time

The event mean time is only the mean time for the skills demonstration portion of this event, and is not to be used as a tie breaker. Exceeding the mean time of five (5) minutes will result in a two (2) point deduction. The time recorded for each participant in the skills demonstration part of this event is used only to determine whether the participant has exceeded the mean time of the skills part of this event.

Start Time

The event judge will indicate time to start after the participant says they are ready. This applies for both the skills demonstration and written test parts of this event.

Stop Time

The participant will signal the event judge when they are finished with the written portion of the event. The judge will stop the time on the CPR w/ AED portion of the event. (see first bullet above).