



The Singapore Life Saving Society

SENIOR RESUSCITATION EXAM

Please print Name in BLOCK LETTER in accordance to NRIC/Passport (To Circle: Dr. / Mr / Ms. / Mrs / Madam)

Senior Resuscitation - Practical

Barrier Resuscitation - Use of Pocket Mask

(Please ✓ or mark x as performed)

Critical Performance		Attempt	
		1st	2nd
1	To directly demonstrate correct technique o applying Mouth-to-Mask resuscitation on an approved manikin for 5 - 10 times. (This item is nevertheless not meant to be assessment of EAR/Rescue Breathing)		
	Result: Please Circle	P/F	P/F
	Comments (if any):		

Two-Rescuers Adult CPR Practical Test (Drowning Scenario)

(Please tick ✓ or mask x as performed)

Critical Performance		Attempt	
		1st	2nd
1	Rescuer A (test candidate) to assess for Dangers to self, casualty and bystander		
2	Approach casualty, check for Responsiveness - Call, tap or gently shake the person. Ask "Hello, Are you OK". (Examiner: "No response")		
3	Rescue A: "Help! Call 99 for ambulance. Get AED!"		
4	Assess Airway - Open airway with Head-Tilt-Chin-Lift maneuver		
5	Check Breathing with Look-Listen-Feel for up to 10 sec		
6	If breathing absents (Examiner: " Casualty drowned , No breathing"), give 2 breaths (1 sec/breath with tidal volume 400-600 ml) with the use of resuscitation mask & watch chest rise		
7	Locate correct landmark for chest Compression (centre of chest/lower half of siernum). Correct body and hand position with elbows locked in extension		
8	Commence 30 chest compression - Say mnemonic " 1&2&3&4&5 " " 1&2&3&4&10 " " 1&2&3&4&15 " " 1&2&3&4&20 " " 1&2&3&4&25 " " 1&2&3&4&30 "		
9	To compress vertically with 4-6cm depth with rate of 100 - 120 compressions per min. Allow complete chest recoil		
10	Open airway with Head-Tilt-Chin-Life maneuver		
11	Give 2 breaths with the use of resuscitation mask & watch chest rise		
12	In the midst of 3rd cycle, Examiner instructs Rescuer B (assistant) to approach to offer assistance by telling Rescuer A "I know 2 man CPR, can I help?"		
13	Rescuer A acknowledges by nodding head and completes the 30 chest compressions, followed by 2 breaths with the use of resuscitation mask		
14	Rescuer A then moves to the victim's head and checks Breathing with Look-Listen-Feel for up to 10 sec. Realizes breathing absent, Rescuer A says "Breathing absent, commence CPR"		
15	Rescuer B takes over the chest compression role and Rescuer A to continue with ventilation role and demonstrate Mouth-to-Mask resuscitation technique followed with chest compression by Rescuer B		
16	In the midst of 2-Rescuers CPR, Examiner initiates for "Prepare to change"		
17	Rescuer B to repeat mnemonic counting that ends with [change-&-2-&-3-&-4-&-30) and vice-versa as in Step 13 (Examiner may repeat the change-over sequence for 5-10 cycles)		
	Result: Please Circle	P/F	P/F
	Comments (if any):		



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Adult Foreign Body Airway Obstruction - Conscious who becomes unconscious

(Please ✓ or mark x as performed)

Critical Performance		Attempt	
		1st	2nd
1	Ask: "Are you choking? I can help." Rescuer to encourage coughing and upon ascertain that the person is UNABLE to Speak, Breath and/or Cough, get by stander to call 995 for ambulance		
2	Position - Stand behind the person, wrap arms around the person's waist		
3	- Make a fist with one hand, grasp the fist with the other hand and place thumbside of the fist against the person's abdomen, in the midline (i.e. 2 fingers just above navel)		
4	-Lean the person forward and grasp the fist with the other hand		
5	Give set of 5 successive inward-upward thrusts. Check if foreign body is expelled after set of abdominal thrusts. Repeat thrusts and Examiner announces the person becomes unconscious		
6	Land person safely onto the ground		
7	Assess Airway - Open airway with Head-Tilt-Chin-Lift maneuver. Rescuer looks for foreign body in the mouth and if found, remover it with the use of a hooked index finger		
8	Check Breathing with Look-Listen-Feel for up to 10 sec		
9	If breathing absens, attempts one ventilation (with the use of resuscitation mask) while maintaining an open airway (first attempt)		
10	If the chest does not rise, reposition with Head-Tilt-Chin-Lift maneuver, attempt second ventilation		
11	If airway is still blocked, perform 30 chest compressions, then proceed back to Head-Tilt-Chin-Lift and check for foregin body		
12	Repeat step 7 to 11 till successful, help arrives and takes over or the victim starts breathing, coughing, talking or moving		
13	If victim resumes effective breathing (as remarked by Examiner), place in Recovery Position		
Result:		Please Circle	P/F P/F
Comments (if any):			

Pregnant or Obese Person - Conscious

(Please ✓ or mark x as performed)

Critical Performance		Attempt	
		1st	2nd
1	Ask: "Are you choking? I can help. "Rescuer to encourage coughing and upon ascertain that the person is UNABLE to speak, Breath and/or Cough, get bystander to call 995 for ambulance		
2	Position - Stand behind the person, place both arms around the person's chest or armpit level		
3	- Make a fist with one hand, grasp the fist with the other hand and place thumbside of fist inwards on the middle of the person's chest wall/breastbone (i.e. mid of sternum)		
4	Give set of 5 successive inward-backward chest thrusts. Check if foreign body is expelled after every set of chest thrusts		
5	Repeat thrusts until the foreign body is expelled of the person becomes unconscious		
Results		Please Circle	P/F P/F
Comments:			

For Official Use Only:

Overall Result (Please circle): P (Pass) / F (Fail)

Name of Examiner: _____

Date: _____

Signature of Examiner: _____