

## The Singapore Life Saving Society

	STANDARD RESUSCITATION (CPR) EXAM		
	lease print Name in BLOCK LETTER in accordance to NRIC/Passport (To Circle: Dr. / Mr / Ms / Mrs / M	ladam)	)
-			
	Standard Resuscitation (CPR) Practical  (Please tic		
L	One-Rescuer Adult CPR Practical Test (Drowning Scenario)	perfor	rmed) empt
	ritical Performance	1st	2 <sup>nd</sup>
	Assess for <i>Dangers</i> to self, casualty and bystander		
	Approach casualty, check for <b>Responsiveness</b> - Call, tap or gently shake the person.  Ask "Hello, Are you OK". (Examiner: "No response")		
	Rescuer: "Help! Call 995 for ambulance. Get AED!"		
	Assess Airway - Open airway with Head-Tilt-Chin-Lift maneuver		
	Check <i>Breathing</i> with Look-Listen-Feel for up to 10 sec		
	If breathing absents (Examiner: "Casualty drowned, No breathing"), give 2 breaths (1 sec/breath with tidal volume 400-600 ml) & watch chest rise		
	Locate correct landmark for Chest <i>Compression</i> (centre of chest/lower half of sternum). Correct body and hand position with elbows locked in extension		
	Commence 30 chest compression - Say mnemonic "1&2&3&4&5" "1&2&3&4&10" "1&2&3&4&20" "1&2&3&4&25" "1&2&3&4&30"		
	To compress vertically with at least 4-6cm depth with rate of at least 100 compressions per min. Allow complete chest recoil		
1	Open airway with Head-Tilt-Chin-Lift maneuver		
_	1 Give 2 breaths		
1	Give total 5 cycles of 30 chest compressions followed by 2 breaths, within 2 minutes		
1	Continue as instructed by Examiner and be able to state that in reality, continue until (1) Casualty wakes up (2) AED arrives & analysing heart rhythm (3) Emergency team takes over CPR		
1	Upon remarked by Examiner that: "Victim regains consciousness", place casualty in <b>Recovery Position</b> (The victim should be placed in the "recovery position" if the victim is (a) unresponsive, has no evidence of trauma, and is obviously breathing adequately, or (b) successfully		

## Adult Foreign Body Airway Obstruction (FBAO) - Conscious

(Please tick ✓ or mark × as performed)

Please Circle P/F P/F

			Attempt	
Critical Performance			2 <sup>nd</sup>	
1 the person is <u>UNABLE</u> to Speak ambulance	b." Rescuer to encourage coughing and upon ascertain that Breath and/or Cough, get bystander to call 995 for			
	on, wrap arms around the person's waist			
against the person's abdomen, in	the fist with the other hand and place thumbside of the fist the midline (i.e. 2 fingers just above navel)			
4 - Lean the person forward and gr	asp the fist with the other hand			
set of abdominal thrusts	R-upward thrusts. Check if foreign body is expelled after every			
6 Repeat thrusts until the foreign be	ody is expelled or the person becomes unconscious			
Result:	Please Circle	P/F	P/F	
Comments:				

Please tum over to next page . . .

Result: Comments:



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Pregnant or Obese Person - Conscious (Please V or mark * as	perfo	rmed)
	Atter	
Critical Performance  Ask: "Are you choking? I can help." Rescuer to encourage coughing and upon ascertain that the person is <u>UNABLE</u> to Speak, Breath and/or Cough, get bystander to call 995 for ambulance	1 <sup>st</sup>	2 <sup>nd</sup>
2 Position - Stand behind the person, place both arms around the person's chest or armpit level		
2 - 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)		
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 or the person becomes unconscious		
	P/F	P/F
Comments:		
Adult FBAO - Unconscious Non-Breathing (Please ✓ or mark * a	Atte	mpt
Critical Performance	1st	2 <sup>nd</sup>
Check for <b>Responsiveness</b> - Call, tap or gently shake the person. Ask "Hello, Are you OK". (Examiner: "No response")		
2 Rescuer: "Help!, Call 995 for ambulance. Get AED!"		
3 Perform 30 chest compressions (same as 1-Rescuer CPR method)		
Assess <i>Airway</i> - Open airway with Head-Tilt-Chin-Lift maneuver. Rescuer looks for foreign body in the mouth and if found, remove it with the use of a hooked index finger		
5 Check <i>Breathing</i> with Look-Listen-Feel for up to 10 sec		
6 If breathing absents, attempts one ventilation while maintaining an open airway (first attempt)		
7 If the chest does not rise, reposition with Head-Tilt-Chin-Lift maneuver, attempt second ventilation		
8 If airway is still blocked, perform 30 chest compressions, then proceed back to Head-Tilt-Chin- Lift and check for foreign body		
Repeat step 4 to 8 till successful, help arrives and takes over or the victim starts breathing, coughing, talking or moving		
10 If victim resumes effective breathing (as remarked by Examiner), place in Recovery Position		
Result: Please Circle	P/F	P/F
Comments:		
Initiative Test  (Please ✓ or mark * a		
	Atte	mpt
Demonstrate initiative in dealing with a simulated live casualty	1 <sup>st</sup>	2 <sup>nd</sup>
Please specify details:		
Result: 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:		