



The Singapore Life Saving Society

Pregnant or Obese Person - Conscious

(Please ✓ or mark * as performed)

Critical Performance		Attempt	
		1 st	2 nd
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 or the person becomes unconscious		
Result:		Please Circle P / F P / F	
Comments:			

Adult FBAO - Unconscious Non-Breathing

(Please ✓ or mark * as performed)

Critical Performance		Attempt	
		1 st	2 nd
1	Check for Responsiveness - 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)		
4	Assess Airway - 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 Breathing 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		
9	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 * as performed)

Demonstrate initiative in dealing with a simulated live casualty	Attempt	
	1 st	2 nd
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: _____