Adult Basic Life Support CPR and AED

Experiment 10 - Practical Notes

Name: _____ Roll no.: _____ Date: _____

Aim

To demonstrate adult resuscitation skills on a training mannequin.

Principle

Early recognition, emergency activation, effective compressions and defibrillation support survival after cardiac arrest. Practise with an instructor and a training AED.

Key Points

- Check scene safety and responsiveness.
- Absent normal breathing, including gasping, is concerning; trained healthcare rescuers check breathing and pulse together for no more than 10 seconds.
- Adult compressions: 100-120/min, at least 5 cm while avoiding depths above 6 cm, with full recoil.
- Use 30 compressions to 2 breaths without an advanced airway; trained ventilation produces visible chest rise.

Activity Procedure

1. Activate

Call for the local emergency response and send someone for an AED.

2. Compress

Place hands on the lower half of the sternum, use the mannequin feedback and minimise interruptions.

3. Ventilate

Practise 30:2 with the instructor-approved barrier or bag-mask trainer.

4. Use AED

Turn on the training AED, apply pads, follow prompts and ensure nobody touches the mannequin during analysis or shock.

5. Resume

Resume compressions immediately after a prompted shock or no-shock decision; continue the trained sequence.

Record and Observations

Field	Activity record
Recognition / emergency activation	_____
Rate / depth / recoil feedback	_____
30:2 sequence / chest rise	_____
AED safety / restart	_____

Result

Complete the record using your activity, then state the findings, the action required and the reason for that action.

Precautions

- Use a mannequin and training AED; do not deliver real shocks in a classroom exercise.
- Complete hands-on training with a qualified instructor.

Viva Questions and Answers

1. Why allow recoil?

It supports refilling between compressions.

2. Are gasps normal breathing?

No; they can occur during cardiac arrest.

3. Why minimise pauses?

Interruptions reduce the time that compressions support circulation.

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