



## CPR & AED

Location: COS, Visalia

### **Chairperson:**

Sujanalatha De Almeida, RMA, RPT (AMT), CPT1

AHA-BLS Instructor

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College of the Sequoias

**CHECK IN:** 9:00 am    **CONTEST BEGINS:** 9:15 am

### **ELIGIBILITY:**

Eligibility is limited to 2-person teams. No individual entries are allowed.

### **EXPECTATIONS:**

Students will demonstrate knowledge and skill of CPR standards including use of an AED in compliance with the American Heart Association's protocols for Heartsaver CPR AED (2020 version). Students with long hair are required to pull it back into a bun, no loose hair allowed.

### **SCOPE OF CONTEST:**

1. Demonstration of Adult CPR and AED
  - a. Demonstration of proper scene assessment and activation of emergency response team
  - b. Demonstration of adult compressions and breaths in a one-person adult rescue
  - c. Demonstration of correct procedures when 2<sup>nd</sup> rescuer and an AED are brought to the scene
2. Written exam

### **JUDGING INFORMATION:**

1. Contestant teams will be judged on accuracy and precision of steps and confidence when performing high-quality CPR with an AED and scored numerically according to the skills rubric.
2. Written exams will be scored
3. Skills demo and exam scores will be added per team.
4. Team with the highest score is the winner.

### **DEMONSTRATION OF CPR AED SKILLS:**

<b>Assessment:</b> Scene safety, Responsiveness, Initiates EMS System, Checks breathing and pulse for 5-10 seconds.
<b>Compressions:</b> Hand placement on middle of the sternum, 30 compressions, Rate, Rhythm, Depth. Allow for complete chest recoil. A feedback device will be used for assessment.
<b>Breaths:</b> Hand placement with nose pinch, Head tilt, 2 breaths, Visible chest rise, Each breath given over 1 second, Resumes compressions.
<b>AED:</b> 2 <sup>nd</sup> Rescuer brings the AED, hands it to the 1 <sup>st</sup> rescuer who then powers on AED, Attaches pads, Clears for analysis, Clears to safely deliver shock, Safely delivers shock, 2 <sup>nd</sup> Rescuer resumes compressions.



**TIE BREAKER:**

In case of a tie, verbal questions will be given to each team round-robin style until there is a winning team.

**EQUIPMENT AND MATERIALS:**

Supplied by Chairperson:

1. Adult manikins w/ feedback device
2. Disinfectant wipes
3. CPR practi-shields
4. Written exams, answer sheets and pencils for tie breaker