Primary Health Care Initiatives (PHCI) Project
Contract No. 278-C-00-99-00059-00
Abt. Associates Inc.

COMPETENCY GUIDELINE

CARDIOPULMONARY RESCUSITATION – 1 RESCUER

Name of Trainee	Name of Trainer	Date

Step	Task	Procedures Observed		
		1	2	3
1.	Attempt to arouse patient, by shaking and shouting – confirm lack of consciousness			
2.	Clear airway and open with jaw forward and neck extension			
3.	Confirm absence of breathing with "look and listen" – look for chest movement and listen for breath sounds			
4.	Give 2 breaths by mouth-to-mouth or mask and bag			
5.	Check for carotid pulse – confirm absence of heartbeat			
6.	Begin chest compressions: • correct compression position – straight down, approx. 3-4 cm. depth of compression • correct compression rate – 60/minute			
7.	Coordinate compressions with respirations - 2 respirations every 15 compressions			
8.	Connect to cardiac monitor/defibrillator to check for ventricular fibrillation as soon as possible			
9.	Interrupt ventilation and chest compressions every 3-5 minutes to check for spontaneous respirations and return of carotid pulse			
10.	Continue CPR until death confirmed or rescuer cannot continue			