

CPR SCORE SHEET

Nov 2008

Note: Maximum of 2min 30sec will be allowed for entire test.

Competitors must follow order as listed by number to achieve points. NB: Assumed Immersion Patient

COMPETITOR'S NAME: _____ TEAM: _____ Age Group _____

SECTION A	Max Score	Score Given	SECTION B	Max Score	Score Given
1. LOOKING FOR DANGERS			7. COMMENCEMENT OF CPR		
i) Dangers to self	2		• jacket unzipped	1	
i) Dangers to others	2		• location of <u>correct</u> compression point on lower half of sternum (visually centre of chest)	2	
ii) Dangers to patient	2				
Judge: 'No Danger'			8. COMPRESSIONS (for all compression cycles)		
2. CHECK FOR RESPONSE (assess level of consciousness)			Hand positioning • (heel of 1 hand on the chest with fingers parallel to ribs)	2	
i) shout	2		• fingers of hand on the sternum exerting NO pressure on chest	2	
ii) squeeze shoulders gentle	2		• compression arm kept straight	2	
Judge: 'No Response'			• shoulders vertical over sternum	2	
3. SEND BYSTANDER FOR ASSISTANCE			9. RESCUE BREATHS		
i) instruct Bystander to contact EMS (000)	2		• pistol grip	2	
ii) condition of patient given	2		• chin lift + hand on forehead to open airway	2	
iii) location given	2		• effective seal (mouth or nose)	2	
iv) report back requested	2		• eyes looking for rise of chest	2	
v) requests were clear and understood	2		• ear over mouth – listening for exhalation	2	
			•10. END OF TEST		
4. CHECK AIRWAY			At 2min 30 - Time Keeper –calls 'Test Completed'		
i) place on side	2		SUB-TOTAL (B)	21	
ii) open mouth and look for foreign material	2		PRINTOUT RESULTS		
iii) remove foreign material or fluid (2 or 3 fingers)	2		i) Five cycles completed	10	
iv) chin lift + hand on forehead to open airway	2		ii) 98-102/minute	8	
v) look, listen, feel for breathing and look for other signs of life	2		iii) 102-110/minute	4	
Judge: 'Not Breathing'			iv) 0-98/min or over 110/min	2	
5. NO BREATHING (place patient on back)			v) Less than 90/min or over 110/min	0	
i) pistol grip	2		SUB-TOTAL (C)		
ii) chin lift + hand on forehead to open airway	2				
iii) 1 st rescue breath (effective seal and inflation)	2		SECTION D - % correct RESCUE BREATHING -convert computer reading to a mark out of 10	%	
iv) eyes looking for rise of chest	2		SECTION E - % correct CPR - convert computer reading to a mark out of 10	%	
v) ear over mouth – listening for exhalation	2		TOTAL TEST = A+B+C+D+E		
vi) 2 nd rescue breath (effective seal and inflation)	2				
SUB-TOTAL (A)	40		JUDGE'S NAME		