

## How to practice for the Adult CPR AED skills tests

**PREPARE →** 1. Pair students in groups of two. For odd numbers, an instructor may need to team up with the person without a partner.

**EXPLAIN →** 2. Designate one person in each group to be rescuer 1 and the other person will be rescuer 2 who will call 911 and get the AED. Explain the process as follows:

- Rescuer 1** will assess the scene and the victim, do CPR until the AED arrives, operate the AED, then resume compressions after the shock.
- When **rescuer 2** is instructed by **rescuer 1**, they will leave the scene to call 911 and get the AED. They will return on the scene *when the instructor tells them*, hand the AED to **rescuer 1**, and take over compressions. They will do hands only CPR. When they are cleared for analysis, they will leave the scene to meet EMS.

**PRACTICE →** 3. Guide the students as whole group, one step at a time, as they perform the steps on their manikin. Do NOT just talk through it. They MUST DO IT. (Have testing sheet out as you have them practice.)

- The steps are:
  - Rescuer 1** begins assessment.
  - Scene is safe.
  - Tap and Shout to check for response.
  - Shout for help. Tell **rescuer 2** to call 911 and get the AED.
  - Check for breathing, check for pulse. Count out loud to 8 seconds.
  - Begin high quality CPR (INSTRUCTOR NOTE: watch their depth, recoil, rate, and hand placement. Use a stopwatch to make sure everyone practices the correct rate.) Do TWO sets of 30 compressions and 2 breaths.
  - When the third set of compressions start, send **rescuer 2** in with AED.
  - Rescuer 2** takes over compressions and does HANDS ONLY compressions.
  - Rescuer 1** turns on the AED and follows the prompts. States “stand clear” when the AED tells them and right before pushing the shock button.
  - Rescuer 1** takes over compressions after the shock. Does 30 compressions and **rescuer 2** gives two ventilations with bag mask, then EMS arrives and takes over. STOP PRACTICE

**REPEAT**

**PRACTICE →** b. Have students switch roles. Repeat the same practice.

4. After the second practice, if students feel confident, you may begin the test.

**TEST →** 5. *BEFORE testing, read the script on page 35 to all students at once. Then read the scenario on top of skills sheet. Then you are ready to test each group individually. REMEMBER YOUR STOPWATCH AND USE THEIR TESTING SHEET.*