

Stand Alone 6 – First Aid
Session 8 – CPR Exercise Test
LD 34 – First Aid

Date Revised: 11/19/19

Course Goal: To teach recruit officers how to demonstrate competency in first aid and CPR. Utilize CAPRA

Session Goal: Requires recruit officers to demonstrate knowledge and skills necessary to deliver high quality CPR. [34.VII.B.4]

Required Test:

- An exercise test that requires the student to demonstrate competency in the following skills [34.VII.B]
 - Assess victim [34.VII.B.1]
 - Activates Emergency Response System [34.VII.B.2]
 - Checks for pulse [34.VII.B.3]
 - Delivery of high-quality CPR [34.VII.B.4]
 - Provides effective breath [34.VII.B.5]
 - Automated External Defibrillator (AED) operation [34.VII.B.6]

Session Time: 3 hours

Resources: <ul style="list-style-type: none">• Classroom with tables• White board• Adult mannequins (6)• Infant mannequins (6)• Pocket masks (1 per student, if available)• Training AED• CPR Exercise Test grading sheets (1 per student)	
Session Summary: The students will be required to demonstrate high quality CPR.	
Outline	Instructor Notes
There is no new content in this session.	Review (30 minutes): <ul style="list-style-type: none">• Primary assessment• CPR – adult/child Run exercise test - <u>CPR</u>

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Required Test – Cardio Pulmonary Resuscitation (CPR)

Purpose: Peace officers may be required to provide basic life support for a victim, fellow officer, or themselves until additional medical services become available. This may include physically performing cardiopulmonary resuscitation (CPR) for a victim until emergency medical services arrive. This exercise will test the students' knowledge and ability to perform high quality CPR.

Description: The instructor will stage an adult mannequin in the courtyard outside of the instructor break room, or any other available space away from the other students. Students will test one at a time with the instructor. If multiple instructors are available, multiple testing stations may be staged. The instructor will follow the instructions on the CPR Exercise Test form. If the students have pocket masks available they may be used for the test, but are not required.

Scenario: Cardiopulmonary resuscitation (CPR) on an adult.

The student receives a radio call of a 415 fight in the park. Upon approaching the scene, they observe a victim down. The instructor will evaluate the student on the proper performance of the following:

1. Assesses the victim [34.VII.B.1]
2. Activates emergency response system [34.VII.B.2]
3. Checks for a pulse [34.VII.B.3]
4. Delivers high-quality CPR [34.VII.B.4]
5. Provides effective breaths [34.VII.B.5]
6. Automated External Defibrillator (AED) operation

Resources needed:

- Adult and child mannequins (1 each per testing station)
- CPR skills exercise test form (1 per student)
- Training AEDs (1 each per testing station)

Required Test:

1. An exercise test that requires the student to demonstrate competency in the following skills [34.III.B]
 - Assess victim [34.III.B.1]
 - Activates Emergency Response System [34.III.B.2]
 - Checks for pulse [34.III.B.3]
 - Delivery of high-quality CPR [34.III.B.4]
 - Provides effective breath [34.III.B.5]
 - Automated External Defibrillator (AED) operation [34.III.B.6]

Time required: 2 hours