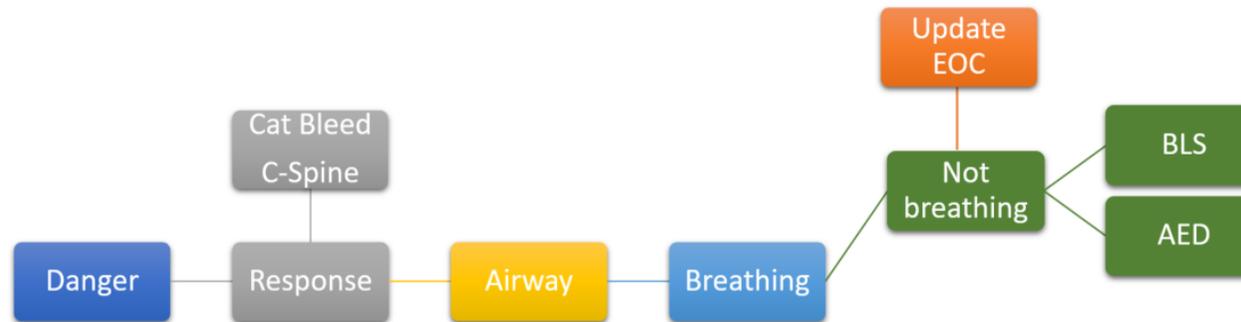


How to pass your BLS/AED assessment with flying colours.



Step	Action	Hints and tips
Danger	Articulate the need to assess for danger to the patient, any “crewmate” and yourself	
Response	Shout hello and introduce yourself Shout in both ears.	Position equipment properly – AED to the left, O2 to the right. Approach from the head end Remember AVPU Mention C-spine and Cat Haem – consider impact of assessment on next steps
Airway	Look in the mouth. Deal with the contents Decide how to deal with the tongue	Don’t rush Look first “is it clear” Step-wise approach for the tongue <ol style="list-style-type: none"> 1) Manual manoeuvres – Jaw thrust, Head-tilt chin-lift. 2) OPA – don’t insert at this stage unless necessary from the scenario. Step-wise approach for liquids <ol style="list-style-type: none"> 1) Postural drain 2) Suction – make sure you are familiar with how this is set up.
Breathing	Assess Breathing	Maintain HTCL during assessment – ear over nose – look towards toes, hand on chest. Count to 10 slowly Consider a call to EOC between the end of the breathing check and AED turning on.

AED	No breathing – turn on the AED and follow the instructions	Turn on the AED before anything else. Prepare the chest Put pads in the correct position – The first pad should be on the upper right side below the collar bone. The second pad should be on the casualty's left side below the arm pit (midaxillary line) Make sure you and bystanders are not touching the patient during assessment During the “don't touch the patient” phase – prepare your BVM.
AED shock	Deliver the shock and consider the safety	Review the scene – articulate the need to stand clear Remember to mention that O2 is away from the AED Deliver the shock in a timely manner
CPR	Deliver 30 compressions	Remember the machine measures the height, depth and rate. The dummies are sensitive to hand placement – make sure the heel of the hand is in the centre of the chest. Use the metronome for rhythm only.
Breathes	Deliver two breathes	Position mask over nose and mouth – pull head up into the mask. Pull the head back to a head tilt chin lift Be familiar with the equipment Look for rise and fall of the chest, adjust for a better seal on 2 nd ventilation if required.
AED	2 nd patient assessment	Don't touch the patient Use the time to prepare and measure an OPA or turn on O2 Make sure that you and bystanders are clear
OPA	Insert OPA	Measure an OPA and prepare to insert after shock delivery. Measures – “corner of the jaw to height of Incisors”
AED	3 rd patient assessment	Don't touch the patient Use the time to prepare make sure all elements are in place. Make sure that you and bystanders are clear