Situation: A person in a group fitness class when he/she starts to feel severe chest pains.

Victim: Clutch your chest in pain, showing signs of cardiac arrest. Once staff member reaches you, collapse to the ground lying “unconscious” face up; there should be no response from you throughout the rest of the review.

Witness: Run to the front counter staff member and explain your friend is having severe chest pain and need help right away

Checklist - (Verbalize words in parenthesis)

___ Grab AED, first aid kit, radio and cell phone*
___ Check the scene (scene is safe)
___ Check the victim; tap shoulder and shout “are you okay, are you okay?” (victim does not respond)
___ Direct someone to call 911 and University Police*
___ Radio staff for first aid kit & AED (if not already there)*
___ Ensure bystanders or other staff open doors and meet EMS
___ Open the airway (proper chin tilt and hand placement)*
___ Do a 10-second check for breathing and other signs of life (there are no signs of life)*

If another staff member is with you have that person prepare the AED while you perform CPR
   ___ Begin CPR based on certification *
   ___ Continue CPR until prompted by AED*

If another staff member is NOT available
   ___ Turn on AED and follow instructions *

___ Ensure no one and no objects are in contact with the person during AED analyzing and shocking*
___ Vocalize AED commands; “analyzing, stand clear” “shocking, stand clear”*
___ Continue until one of the following occurs: (Ask staff member to list reasons they would stop)*
      1. EMS or another trained responder arrives and takes over*
      2. Person shows signs of life*
      3. Scene becomes unsafe*
      4. Responder is too exhausted to continue*
      5. AED is ready to be used*

After EMS has arrived and taken over…
   ___ Fill out injury report*
   ___ Inform Pro Staff about the emergency, call Mo after hours*

Location | Phone Number | Address
---|---|---
REC | 608-785-5225 | 1601 Badger St
Mitchell Hall | 608-785-8696 | 1820 Pine St

Other

- Check for knowledge of building address and appropriate phone number
- Does staff member have CPR pocket mask clipped on?
- Consent is implied due to unconsciousness of the victim

Comments

☐ Met Requirements  ☐ Did not meet requirements  ____ (1-2 week re-testing)

Signature of Facilitator: _____________________ Signature of Reviewee: _____________________