

# HEARTSTART ASSESSMENT

## ASSESSMENT SITUATION

Students are to perform Resuscitation alone in a Simulated Incident set in a Classroom. CPR Manikin(s) are to be used.

For the purpose of the Assessment the Student is to assume that the Assessor is an untrained bystander.

The Pass standard must be SAFE, PROMPT and EFFECTIVE

STUDENT NAME	
SQUADRON	

ACTION		STANDARD	✓Tick
ASSESS	<i>DANGER</i>	Visual search	
ASSESS	<i>RESPONSE</i>	Question, Command, Shake	
SHOUT	<i>HELP</i>	Try to summon Assistance	
CHECK	<i>AIRWAY</i>	Tilt head back – check mouth, lift chin with 2 fingers	
CHECK	<i>BREATHING (Absent)</i>	Look, Listen, Feel for 10 seconds, maintaining airway throughout	
SEND FOR	<i>HELP</i>	Correct information given to bystander	
LOCATE	<i>HEART</i>	Correct location for heal and hands	
GIVE	<i>30 COMPRESSIONS</i>	Fingers interlocked raised off chest, rate 100 per minute, to about 4-5 CM depth	
GIVE	<i>2 BREATHS</i>	Slow breaths achieving chest inflation	
THEN	<i>30 COMPRESSIONS 2 BREATHS</i>	Continue 'til satisfied with the correct actions taken	
QUESTION ON FAILURE TO INFLATE CHEST		TECHNIQUE, STOMA, BLOCKAGE	

## CHOCKING - Student to be questioned on correct procedure for a choking casualty

TRY	<i>COUGH</i>	Try to get the casualty to cough	
GIVE	<i>BACKSLAPS</i>	Give <b>UPTO 5</b> backslaps, with the heel of the hand between the shoulder blades, supporting the casualty	
GIVE	<i>ABDOMINAL THRUSTS</i>	Give <b>UPTO 5</b> Abdominal Thrusts from behind with the fist of the hand going between the Navel and breast bone	
FAIL	<i>TO CLEAR</i>	Repeat Procedure	
WHEN TO CALL FOR HELP		Blockage fails to clear, casualty becomes unconscious or Abdominal Thrusts are used.	

## MAJOR BLEED - Student to be questioned on correct procedure for a Major Bleed on a conscious casualty

ASSESS	<i>DANGER</i>	Checks for Danger	
ASSESS	<i>RESPONSE</i>	Question, How, When	
PUT ON	<i>GLOVES</i>	Wear Protective Equipment	
TRY TO	<i>RAISE</i>	Raise the injured part and support above the heart if possible	
	<i>PRESSURE</i>	Apply pressure (Direct or Indirect) bandage using a non fluffy dressing Dial 999 for an Ambulance	

PASS / FAIL / DEFER	
ASSESSOR SIGNATURE	
DATE of ASSESSMENT	

