CPR/AED DRILL PROGRAM
Unconscious Victim Medical Emergency

Chain of Survival
- Call 911
- Early CPR
- Early Defibrillation
- Early Advance Life Support

MEDICAL EMERGENCY DRILL AED/CPR USE

This drill is designed for any individual lay rescuer (non-medical) to practice emergency response procedures and to evaluate and improve upon the effectiveness of those procedures.

A recent Public Access Defibrillation clinical study conducted by the National Heart, Lung and Blood Institute concluded that trained laypersons can use AEDs safely and effectively. The study resulted in twice as many people surviving out-of-hospital cardiac arrest when an AED and CPR were used over CPR alone. Participants in this study had effective response plans that included mock cardiac arrest drills.

In 2004, the AHA’s Publication – The Emergency Response Plan for Schools, emphasized routine AED practice drills and evaluations. Considering the importance and effectiveness of fire drills, a situation most anyone can relate to – the need for routine practice of rescuing a sudden cardiac arrest victim during a life or death situation is also of importance.

AED drills should be implemented by your AED coordinator and include your Building Emergency Response Team and/or Indentified First Responders. Although the main components for AED drills are standard, each building is unique and drills should be tailored to meet the needs of each facility.

For further assistance on AED Drills or AED Programs contact us at:
info@think-safe.com  888-473-1777  www.think-safe.com
MEDICAL EMERGENCY DRILL COMPONENTS:

Equipment:
- Training Manikin (preferably with clothing)
- AED Training Unit with Fast Response Kit, First Aid Kit w/ CPR face shield
- Stop watch

Communications:
- Inform main office of impending drill
- Simulate 911 call only. Do not call 911 unless prearranged with your 911 system
- Have participants state “Participating in an AED Drill” to non-participants.

Preparations:
- Training Manikins must be thoroughly cleaned for rescue breathing
- The AED coordinator should carry the AED Training Unit/Fast Response Kit

Drill Actions:
- Have rescuer retrieving the AED place an “AED Drill in Progress” sign in the AED storage location
- Exchange the retrieved AED with the Training Unit for rescue before using on manikin

Sample AED Drill Scenarios and Progressions:
Drills that resemble real life situations more accurately reflect the effectiveness and capabilities of the participants and the related procedures. The following are five separate drill levels. The goal is to reach and consistently practice the Level 5 Drill.

Drill (Level 1):
1. Inform selected individuals that they will be participating in an AED drill
2. Lead group to the drill location where you have placed a manikin
3. Observe the group’s reactions and responses
4. Suggest recommendations to the rescuers
5. Run additional drills with multiple groups to further awareness and practice
7. Review, evaluate and discuss checklist / time line results and current procedures
8. Communicate drill results and any procedural changes with entire staff

Drill (Level 2):
Eliminate step #4 from Level 1: Monitor and evaluate using Procedure Checklist and Time Line

Drill (Level 3):
Eliminate step #1 from Level 2: Monitor and evaluate using Procedure Checklist and Time Line

Drill (Level 4):
Eliminate step #2 from Level 3 Drill: Place manikin at drill location informing first individual near scene regarding the drill. Monitor and evaluate using Procedure Checklist and Time Line

Drill (Level 5):
Same as Level 4 and include special situations such as water soaked clothing and chest; metals on manikin, simulated electrical (hot) wire cord near patient, medicine patch on chest, and/or collapse on metal bleachers. Monitor and evaluate using Procedure Checklist and Time Line
## MEDICAL EMERGENCY DRILL AED/CPR USE PROCEDURE CHECK LIST AND TIME LINE

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Time Line</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Patient Collapses
First Person arrives at the scene (may be first responder - not EMS):

- Concern for own safety considered? [Yes No]
- Patient checked for responsiveness? [Yes No]
- Internal call for help in accordance with emergency protocol [Yes No]
- "Call 911" command given? [Yes No]
- Command given to obtain AED? [Yes No]
- Command given to contact First Responder? [Yes No]

#### Time of 911 Call

- Individual sends someone for help? [Yes No]
- Individual instructs someone to meet EMS? [Yes No]
- Documented emergency protocols followed? [Yes No]

#### Time of First Responder arrival at scene

- Concern for own safety considered? [Yes No]
- Patient checked for responsiveness? [Yes No]
- "Call 911" command given? [Yes No]

#### Time of AED command

- Patient responsiveness and breathing checked? [Yes No]
- CPR started and performed correctly? [Yes No]
- Documented emergency procedures followed? [Yes No]

#### Time of AED arrival at Scene

- Clothing properly removed? [Yes No]
- Electrodes properly placed? [Yes No]
- AED voice prompts followed? (especially do not touch patient) [Yes No]

#### Time of first AED shock

- AED voice prompts continued to be followed? [Yes No]
- Patient placed in recovery position? [Yes No]
- CPR performed correctly? [Yes No]
- Was AED left on? [Yes No]
- Monitoring of patient continued? [Yes No]

#### Time of EMS Arrival (Add six (6) minutes to time of 911 call)

- Were details of event properly conveyed to EMS? [Yes No]

### SHOCK WITHIN 3 MINUTES / EMS WITHIN 7 MINUTES
- EXCELLENT

### SHOCK WITHIN 5 MINUTES / EMS WITHIN 8 MINUTES
- FAIR

### SHOCK AFTER 5 MINUTES / EMS AFTER 8 MINUTES
- POOR

### YES ANSWERS 20-24
- First Voice Super Hero

### YES ANSWERS 17-19
- First Voice Sidekick

### YES ANSWERS 12-17
- First Voice Trainee

### YES ANSWERS 6-12
- You're Getting Better!

### YES ANSWERS LESS THAN 6
- Keep Practicing!

### Other/Facility-Specific Medical Emergency Protocol Check List Addendum

For further assistance on CPR / AED Drill Program please visit www.think-safe.com
Drill Evaluations & Comments:


Products Needed For Next Drill (reorders/restock):


Disclaimer:
This CPR / AED Drill Program is not a substitute for CPR/AED Certified Training. This is to help supplement your AED program. It is not endorsed by the American Heart Association or the American Red Cross.