

BLS/AED CHECKLIST

The learner is provided with either a pocket mask or face shield for this scenario.

Use this check-list when practicing your scenario's, use a pencil so you can rub out and use again. Check yourself or your peers when practicing. Do you manage to complete all the points on the checklist? If so, well done you have managed a perfect scenario. Note the areas where you require practice – remember “these skills can save a life in football.”

Help is available to you – ensure you practice as a team. You will never be alone in a football setting (think of your risk assessment and EAP).

Use your team, practice as a team.

An effective checklist and EAP should include 3 to 4 persons for an effective scenario.

1 to perform chest compressions, one to perform breathing, one to call for an ambulance and 1 to bring the defib. Then you can rotate between yourselves.

Learner Name: _____

Club: _____ Role: _____

Competence element	Skill	Result	Done	Not Done
Assess danger/scene safety?	Visual search	No danger		
Assess response?	Shout / pinch	No response		
Shout for help?	Shouted for help +/- ambulance	Helper stays		
Open airway?	Check for obstructions, Head Tilt Chin Lift or Jaw thrust, obstruction removed	Obstruction initially visible and superficial, if removed = Airway clear		
Check for normal breathing?	Look, listen, feel for a FULL 10 seconds	The player is not breathing normally		
Check for presence of signs of life	Check for colour, coughing, chest movement, eye response	No signs of life are detected. Colour not helpful has player has been exercising		
Send for help?	Clear instructions given and asked for AED and more help/ambulance if not called earlier	Ambulance called AED brought back after one full round of effective CPR		
CPR Commenced?	30: 2 Chest compressions with 2 ventilations with pocket mask or face shield	Continues until AED arrives		
Chest compressions	Correct hand positions? Depress 5-6 cm Rate 100-120bpm	Ensure correct placement and effective performance, if not then ask the question why not and practice. Has to be effective to work – right depth and rate. If not change over provider.		
Breathing / Ventilations	Minimum pocket mask or face shield – with correct airway opening HTCL if no trauma	Correct technique, 2 breaths – breathe out for one second, 4 seconds rest. Maximum of 10 seconds on this. Ensure the chest rises and falls, if not next cycle try opening the airway more.		
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Competence element	Skill	Result	Done	Not Done
AED Set up correctly	Leads in and AED switched on	Operational – ready to use. Remove pads and players clothing		
Electrodes correctly positioned	Chest bared + pads positioned correctly	Contraindications / dangers mentioned – placed on same side user, no metal work etc.		
AED Analyses	Follow instructions	All clear – one person take control and listen to AED		
Advised Shock	Verbal + visual instructions to stand clear	All Clear – ensure you look before pressing flashing orange button		
Press to shock	Verbal + visual instructions to stand clear	All Clear		
Continue with CPR for 2 minutes	30: 2 If tired, swap over, minimising the time off the chest.	Continue until AED tells you to stop		
Work as a team?	Ensure change roles every 1-2 minutes	Effective team work, sharing of roles to maintain effective CPR		
What happens next?	See if you can plan ahead	Consider what else you may need? e.g's: someone to put up an umbrella if raining; someone to place a blanket to keep player warm; someone to direct ambulance onto field		
Player begins to show signs of life	Player arms begin to move Stop CPR	Signs of life present		
Reassess B and C	Reassess breathing and check for other signs of life	Breathing rate is 8 per minute, arms are moving and eyes opening (so what do they say they would do?) Player returning slowly, monitor breathing may have to provide odd breath to player if required – monitor until returns to normal and continue to monitor until ambulance arrives		
Knowledge – how long would they have continued	Knowledge assessment	Until signs of life, help arrived or totally exhausted		
Hand over to EMS	Age Time of incident MOI Injury/Illness Signs / symptoms Treatment	Player taken to hospital		

Result Competent Not competent