

Survivor Challenge

Scenario:

In an effort to provide shelter from an incoming storm your tribe is forced to build a small hut made of bamboo. While cutting the bamboo, Joe, a 45-year-old tribal member of your tribe has suddenly collapsed.

Upon a primary survey it is determined that the victim is not breathing and does not have a pulse. What do you do?



Each step successfully completed is worth 1 point beginning with the primary survey. There are 30 possible points.

CPR Skills Check of sheet

Check for consciousness

- Tap or gently shake person
- Shout, "are you OK?"
- Call for help

Check for breathing

- Look, listen and feel for about 5 seconds

If not breathing or can't tell

- Open airway
- Tilt head back and lift chin
- Recheck breathing
- Look, listen and feel for about 5 seconds

Victim is not breathing

- Keep head tilted back
- Pinch nose
- Seal lips tightly around person's mouth
- Give 2 slow breaths
- Watch to see that the breaths go in

Check for a pulse

- Locate groove at side of Adam's apple
- Feel for pulse for 5 to 10 seconds

Check for severe bleeding

- Look from head to toe for severe bleeding

Person does not have a pulse

- Locate notch at lower end of sternum
- Place heel of other hand on sternum
- Remove hand from notch and put it on top of the other hand

Give 15 compressions

- Position shoulders over hands
- Compress sternum 1 1/2 to 2 inches
- Do 15 compression in about 10 seconds

Give two slow breaths

- Open airway
- Pinch nose and seal lips
- Give two slow breaths, each about 1 1/2 seconds long
- Watch chest rise

Repeat compression/breathing cycles

- Repeat cycles of 15 compressions and 2 breaths

When do you stop?

- Victim's conditions changes
- Help arrives
- Physically unable to go on any longer

