



CPR/AED Use Drill

Introduction

Doing a practice drill for your cardiac Emergency Action Plan (EAP) is the best way to find out if your EAP works and to test your response team's readiness. Post-drill review allows you to obtain objective data, and the scenarios provide a realistic framework for your team to work from. This drill is designed to supplement your AED program, and will assist you in identification of the need for:

- Additional trained personnel
- Skills refresher and/or re-education of EAP
- Additional AEDs
- Relocation of current AEDs

In the event of an actual cardiac arrest emergency, the single most important factor is your readiness to act quickly.

Planning the Practice Drill

When: Semi-annually/ Annually (Select a date/time/location.)

You might tell your team that you will be doing a drill in the next couple of weeks so that they have a chance to review the EAP Protocol Worksheet ahead of time.

Who: The drill will involve your response team, (non-medical personnel), to practice emergency response procedures and to evaluate and improve upon those procedures as outlined in EAP.

What: Choose a scenario from the ones provided or make one up that fits your setting.

Materials Required:

- Manikin (T-shirt on manikin suggested.)
- AED trainer- training pads
- Stop Watch
- AED Response Kit
- Real AED in its usual location
- "AED Drill in Progress" sign (For inside AED cabinet when AED is removed)
- Drill Worksheet on a clipboard

The Day of the Drill

- Have the objective observer place the manikin on the floor in a visible location sometime during your practice. That person can say, “Someone has collapsed, we need help,” or just wait until someone recognizes the manikin. At this time, your EAP should go into effect as outlined in the EAP
- Once the team is gathered near the victim, the objective observer should read the scenario. Your observer will fill out the Drill Worksheet, recording the times at which each event occurs. When the real AED arrives, the observer gives them the AED trainer to use and encourages the rescuer to carry on as if this were a real arrest situation.

After the Drill

Congratulate everyone and then take a few minutes to go over the drill worksheet together, checking the times for each action.

- Ask everyone how they felt about the drill and discuss any concerns.
- Evaluate the drill and see if there are any action steps that need to be taken. Were there any communication problems?
- If the drill indicates any needed changes, discuss these with your response team, make the changes and communicate them clearly to your team, and then plan to have another drill that same season to test the new plan.

DRILL Worksheet:

SCENARIO 1: Co-worker/student/adult member suddenly collapses. You saw victim collapse and reach the victim first.

SCENARIO 2: The custodian is fixing a door in the office. As you look over, you see him lying on the floor.

SCENARIO 3: (Custom) _____

Begin to activate the Emergency Action Plan now.

Time drill started: _____

1. Time victim discovered: _____

- Patient checked for responsiveness? _____

2. Time rescuer called for help? (9-1-1 call) _____

3. Time rescuer(s) started chest compressions: _____

- Were chest compressions immediately started and continued until AED arrived at scene?

- Is the rescuer doing hard, fast chest compressions, approximately 100 per minute?
(At least 2" deep?) _____

4. Time other staff/officials responded to scene? _____

5. Time AED sent for: _____

6. Time AED arrived: _____

7. Time AED training pads applied to victim's (manikin's) bare chest: _____

8. Who performed AED functions? _____

- Clothing removed, chest dried, hair shaved (if necessary)? _____
- AED operator performed chest compressions without delay when "no shock indicated" and patient remained unresponsive _____

9. Time EMS arrived on the scene: _____

Time drill ended: _____

