Recovery Position and CPR Assessment

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| **Recovery Position** |
| Closest arm at 90 and furthest arm at side | 1 |
| Furthest leg bent | 1 |
| Held in position | 1 |
| Furthest hand on cheek | 1 |
| Held on cheek | 1 |
| Rotate efficiently | 1 |
| Remove hand from casualty | 1 |
| Adjust leg if required | 1 |
| Tilt head and open mouth | 1 |
| Done fluently without hesitation | 1 |
| Points/Grade | 10 |
| **CPR** |
| Check for danger | 1 |
| Check for response and call for ambulance. | 1 |
| Check for breathing correctly. | 1 |
| Begin chest compressions | 3 |
| * 30 completed
* 1/3 of chest
* Appropriate rhythm
 |
| 2 breaths | 3 |
| * Tilt back head, pinch nose
* Open mouth
* Listen, look and feel for breath entering
 |
| Repeat cycle until requested to stop | 1 |
| Points/Grade | 10 |

Scoring

10 = A+

9 = A

8 = A-

7 = B+

6 = B

5 = B-

4 = C+

Below 4 = fail