**Marking Schema**

**Arctic Skills 2018**

Skill: Health And Social Care_____

Competior Name: _____     Country:_____

Sub Criterion: **CARDIOPULMONARY-RESUSCITATION / ADULT**

| Aspect of Sub Criterion – Description | Max Mark | Competitor Points |
|---|---|---|
| 1. Finds out if a person can be awakened. (0,5)<br><br>-Speaks loudly (0,5) and shakes. (0,5) | 1,5 | |
| 2. Calls for the additional assistance from the emergency number 112. (1)<br><br>-Calls him-/herself and puts the phone on the loudspeaker function or asks another person to call. (1) | 2 | |
| 3. Opens the respiratory tracts. (1)<br><br>-by bending the head backwards and lifting up the jaw(1) | 2 | |
| 4. Checks if the respiration is normal:<br><br>-feels on the cheek if the air flowing can be felt(1)<br><br>-checks if the chest rises(0,5)<br><br>-listens to the sound of respiration (0,5) | 2 | |
| 5. Starts the CPR:<br><br>-finds the right spot to press. (1)<br><br>-ensures the hand pressure position. (1) | 2 | |

| | | |
|---|---|---|
| 6. Pushes 30 times on the middle of the chest(1)<br><br>-presses on a piston-like motion. (0,5)<br><br>-presses at a heart rate of at least 100 times, not more than 120 times a minute. (0,5)<br><br>-presses at a depth of 5-6 cm. (0,5)<br><br>-counts the number of pressures aloud. (0,5) | 3 | |
| 7. Opens the airways. (1)<br><br>-by bending the head backwards and lifting up the jaw.(0,5) | 1,5 | |
| 8. Blows 2 times into the lungs. (1)<br><br>-Closes the nostrils with the forefinger and the thumb.(1)<br><br>-Places his or her mouth tightly in the mouth of a person.(0,5)<br><br>-Blows peacefully.(0,5)<br><br>-Follows the chest movement.(0,5)<br><br>-The series of blows may take 5 seconds.(0,5) | 4 | |
| 9. Continues the CPR at the rhythm of 30 pressures, 2 blows until the responsibility passes to the skilled person, the respiration is restored or the helper can't resuscite any longer:<br><br>-continues the resuscitation with the right rhythm without breaks.<br><br>-continues the resuscitation with the right CPR technique<br><br>(all of these must take place to get 1 point) | 1 | |
| 10. Helper's order of operation is correct 1-9 (from 1 to 9)<br><br>(all of these must take place in right order to get 1 point) | 1 | |
| | **20** | |