



North Carolina High School CPR Graduation Requirement Checklist

REQUIRED COMPONENTS	COMPLETED
I. AWARENESS	
a. Sudden cardiac arrest is the leading cause of death in adults.	
b. CPR doubles a person's chance of survival from sudden cardiac arrest.	
c. Recognize the signs and symptoms of cardiac events/sudden death emergencies (i.e. – heart attack, drowning, electrocution, and asphyxiation).	
II. 911	
a. Secure the scene.	
b. Locate nearest phone.	
c. Provide EMS with current address.	
d. Provide phone number for EMS to contact.	
III. COMPRESSIONS	
a. Look, listen, and feel for any signs of breathing.	
b. Position victim for compressions.	
c. Ensure that compressions are performed at a depth of two inches and at a rate of 100 per minute.	
d. Continue compressions until the victim begins breathing again or emergency personnel arrives.	
IV. AUTOMATED EXTERNAL DEFIBRILLATOR (AED) KNOWLEDGE	
a. Determine location of nearest AED.	
b. Turn on AED and follow automated instructions. <ul style="list-style-type: none"> i. Adjust victim's clothing to enable pad-to-skin contact. ii. Open pad package and plug in pad connector. iii. Peel pad backing and apply both pads. iv. Wait and stand clear as AED performs analysis. v. If instructed, press shock button. 	

