



FREE SAMPLE

Clinical Prompt Cards

*Three cards from the 46-card FREC 3 & FREC 4 pack.
Print them, carry them, see if they earn their place.*

42

Cardiac Arrest Checklist

The full run sheet — first minutes through to ALS arrival

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AED Pad Placement

Adult male & female, child front & back

34

Reading an ECG

The nine-step sequence, every time

RapidMed Training · rapidmed.co.uk

Aligned to Resuscitation Council UK Guidelines 2025

Cardiac Arrest Checklist

Work top to bottom. Compressions are the priority — everything else fits around them.

FIRST MINUTES — EVERYONE

- ☐ Scene **safe**? Gloves on. Shout for help.
- ☐ **Unresponsive and not breathing normally** (or only agonal gasps) = cardiac arrest.
- ☐ **Call 999 on speaker** and ask for an AED — before checking breathing (2025 change).
- ☐ **Start CPR 30 : 2** — centre of chest, **5–6 cm, 100–120/min**, full recoil.
- ☐ **AED on the moment it arrives** — bare, dry chest; follow the voice prompts.
- ☐ Shock if advised → **resume CPR immediately** for 2 minutes.
- ☐ **Swap compressor every 2 min.** Keep every pause **under 5 seconds**.

WHEN ALS ARRIVES

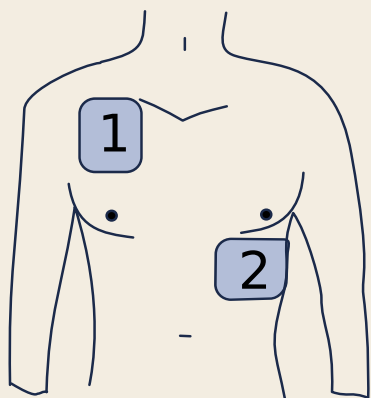
- ☐ **Rhythm check every 2 min** — shockable or non-shockable?
- ☐ **Shockable (VF/pVT)**: shock → CPR 2 min. **Adrenaline 1 mg after the 3rd shock**, then 3–5 min. **Amiodarone 300 mg** after the 3rd.
- ☐ **Non-shockable (asystole/PEA)**: **adrenaline 1 mg as soon as you have access**, then every 3–5 min.
- ☐ **IV or IO access** · advanced airway + **waveform capnography** → then continuous compressions.
- ☐ Work the **4 Hs & 4 Ts** — cards 43 & 44.
- ☐ **ROSC?** ABCDE · 12-lead · SpO₂ target **94–98%** · handover (ATMIST, card 6).

Nothing beats good compressions. Deep, fast, full recoil, minimal interruptions — drugs and airways never saved anyone whose chest wasn't being pumped properly.

Rotate the compressor before they tire — quality drops before they notice.

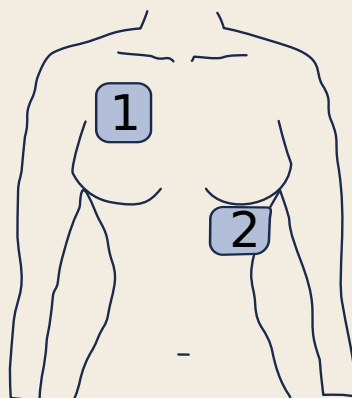
AED Pad Placement

Bare, dry chest. Follow the pad pictures and the voice prompts.



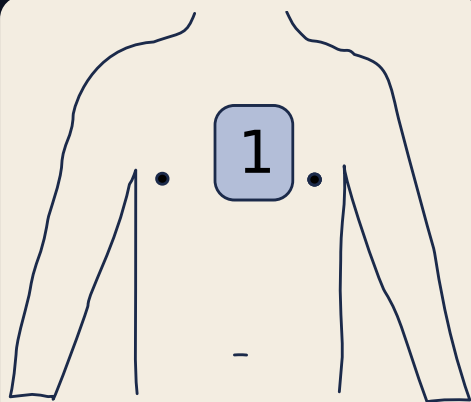
Adult male

1 upper-right chest · 2 left side, below the armpit



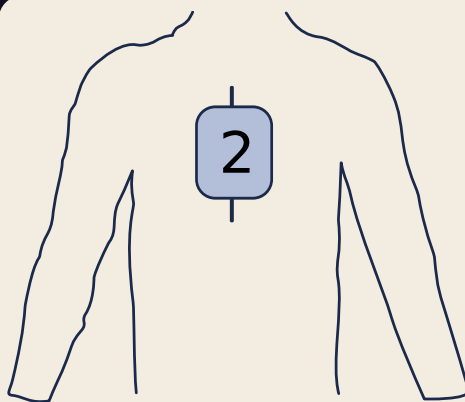
Adult female

pad 2 sits below & lateral to the left breast



Child – front

one pad centre of the chest



Child – back

second pad between the shoulder blades

Paediatric pads / attenuator if <8 yr (~25 kg) — use **front & back** if pads would touch. Remove patches & jewellery under pads, dry the chest, shave if needed. **Stand clear** during analysis & shock.

When in doubt, follow the diagram printed on the pads.

Reading an ECG

Same nine steps, same order, every time — that's what stops you missing things.

01 · RATE

Heart rate

Normal, fast or slow?

Normal **60–100**

Regular: **300 ÷ large squares**

Irregular: **QRS in 6 s × 10**

02 · RHYTHM

Regular?

Are the R–R intervals even?

Regular · regularly irregular
· **irregularly irregular** → think AF

03 · P WAVES

P before QRS?

One P before every QRS?

Upright in II

Absent → **AF / junctional**

Sawtooth → **flutter**

04 · PR

PR interval

Is conduction delayed?

Normal **120–200 ms** (3–5 small sq)

Long → **heart block**

05 · Q WAVES

Pathological Q?

Deep or wide Q waves?

Abnormal if **>40 ms** (1 small sq) or **>25% of R**, in ≥2 contiguous leads

06 · QRS

QRS width

Narrow or broad?

Normal **≤120 ms** (≤3 small sq)

Broad → **BBB, VT, hyperkalaemia**

07 · ST

ST segment

Is it on the baseline?

Elevation → **STEMI**, pericarditis

Depression → **ischaemia**

08 · QT

QT interval

Is the QT prolonged?

QTc normal **<440 ms** (M) · **<460 ms** (F)

Long QT → **torsades risk**

09 · T WAVES

T waves

Right shape and direction?

Tall/peaked →

hyperkalaemia

Inverted → **ischaemia**, PE, BBB

Paper speed **25 mm/s** — 1 small square = **0.04 s**, 1 large square = **0.2 s**.

Always interpret the ECG **alongside the patient**: treat the person, not the monitor.

A rhythm strip never overrules how the patient looks.

That's 3 of 46.

*The full pack covers assessment, trauma, resus,
drugs, ECG and cardiac arrest — A5 and A6.*

Assessment & Handover

ABCDE · primary & secondary survey · SAMPLE ·
GCS · ACVPU · ATMIST · SBAR

Trauma & Emergencies

NEWS2 · Ten Second Triage · METHANE ·
catastrophic bleeding · tourniquets · burns ·
sepsis

Resuscitation

Adult & paediatric BLS/ALS · choking ·
anaphylaxis · AED pads

Drugs & Devices

Oxygen · Entonox · cannula sizes · the 10 Rights ·
safeguarding

ECG & Cardiology

Lead placement · reading an ECG · 17 rhythm
strips · blocks · conduction

Cardiac Arrest

Full checklist · 4 Hs & 4 Ts · team roles &
handover



SCAN TO GET THE FULL PACK

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Free sample — share it with anyone who'd find it useful.

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