



Plan. Learn. Save.

## **‘Drop the Dummy’ Drill Instructions**

### **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. The Drill Report Card allows you to obtain objective data, and the scenarios provide a realistic framework for your team to work from.

### **Planning the Practice Drill**

**When:** Once per year. Do not tell the response team exactly when you will do the drill. You might tell them that you will be doing a ‘drop the dummy’ 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, the person responsible for your EAP, and an objective observer to ‘drop the dummy’ and fill out the Drill Report Card.

**What:** Follow the scenario on the Drill Report Card or make one up that fits your setting.

### **Materials Required:**

- Manikin with a T-shirt
- AED trainer
- Telephone (unconnected)
- First aid kit
- Real AED in its usual location
- Drill Report Card on a clipboard

### **The Day of the Drill**

Have the objective observer place the manikin on the floor in a visible location. 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 Protocol Worksheet.

Once everyone is gathered near the victim, the objective observer should read the scenario. Your observer will fill out the Drill Report Card, 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 Report Card together, checking the times for each action.

- Ask everyone how they felt about the drill and discuss any concerns.
- Evaluate the Drill Report Card 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 and make the changes and communicate them clearly, and then plan to have another drill that same year to test the new plan.

## 'Drop the Dummy' Drill Report Card

DATE: \_\_\_\_\_ LOCATION: \_\_\_\_\_

PERSON RUNNING THE DRILL: \_\_\_\_\_

SCENARIO: A man nearby complains of shortness of breath and dizziness. Suddenly, he collapses. Several people witness the event, and gather around the victim. Begin to activate the Emergency Action Plan now.

Time drill started: \_\_\_\_\_

Time drill stopped: \_\_\_\_\_

1. Time victim discovered: \_\_\_\_\_

2. Lead Rescuer's response (check one):

Called for help (vocal): \_\_\_\_\_

Called for help (phone): \_\_\_\_\_

Assessed victim first, then called for help: \_\_\_\_\_

Ran for help: \_\_\_\_\_

Other: \_\_\_\_\_

3. Time rescue team arrived on scene: \_\_\_\_\_

4. How many people responded to scene: \_\_\_\_\_

5. Who was contacted by phone: \_\_\_\_\_

6. Time 911 was called: \_\_\_\_\_

7. Time other staff/officials notified: \_\_\_\_\_

8. Did Lead Rescuer direct others to await EMS? \_\_\_\_\_

9. Time AED sent for: \_\_\_\_\_

10. Time CPR started: \_\_\_\_\_

11. CPR started by Lead Rescuer who discovered victim? Yes \_\_\_ No, performed by: \_\_\_\_\_

12. Is the Rescuer doing hard, fast chest compressions, 100 per minute? \_\_\_\_\_

13. Time AED arrived: \_\_\_\_\_

14. Time AED applied to victim: \_\_\_\_\_

15. Who performed AED functions: \_\_\_\_\_

16. Time other staff arrived: \_\_\_\_\_

17. Time EMS arrived on the scene: \_\_\_\_\_

### QUESTIONS:

What did the rescuers do right? \_\_\_\_\_

What could the rescuers do better? \_\_\_\_\_

What was easy to remember to do? \_\_\_\_\_

What was hard to remember to do? \_\_\_\_\_

### COMMENTS: