

The CPR wheel



Global First Aid
Reference Centre

How to play: (between 2 and 10 players)

- One player spins the wheel.
- The game host reads the action corresponding to the number on which the arrow lands to the player.
- The player must perform the action within a limited time (30 seconds to 1 minute).
- The game host validates whether the action has been performed correctly.
- Players earn one point if they succeed.
- The player with the most points at the end of the game is the CPR Champion!

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Goal of the game:

Learn first aid techniques for cardiac arrest in a fun way.
Variations can be made for children (mime, drawings, simplified quizzes).

Equipment required:

- The wheel,
- A resuscitation dummy or cushion,
- A stopwatch,
- A training defibrillator (or pictures),
- A clip to attach the wheel to the dummy.

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Les 10 Actions de la Roulette :

1 Perform 30 chest compressions.

➤ Demonstrate the technique on a mannequin or cushion (rhythm, depth).

2 Check the victim's breathing.

➤ Mimic "Look, Listen, Feel" for 10 seconds.

Call for help.

3 ➤ Give the correct numbers (depending on your country) and provide necessary info to emergency services

4 Apply an AED (automated external defibrillator) in less than 1 minute.

➤ Mimic the action or use a training AED.

5 Demonstrate the scene of a cardiac arrest.

➤ Show how to react and what to do first.

6 In pairs: take turns giving 15 compressions each.

➤ Demonstrate coordination, rhythm, and how to switch roles.

Position the head correctly.

7 ➤ Demonstrate the correct head position (tilt head back gently, open airway) to allow effective breathing.

8 Correct mistakes.

➤ The instructor mimes an incorrect action, and the player must correct it.

9 Explain the first three things to do when faced with an unconscious victim.

➤ Speak aloud to show what the player knows.

Act Now: Perform all steps of the response to cardiac arrest.

➤ Check safety, consciousness, breathing, call for help, start CPR, and use an AED.