Basic Life Support

# Adult CPR and AED Skills Testing Checklist

American Heart Association.

Student Name _____ Date of Test _____

In-Hospital Scenario: "You see a person who has suddenly collapsed in the hallway. You check that the scene is safe and then approach the person. Demonstrate what you would do next."

Out-of-Hospital Scenario: "You arrive on the scene for a suspected cardiac arrest. Hands-Only CPR is in progress. You approach the scene and ensure that it is safe. Demonstrate what you would do next."

**Assessment and Activation**

- ☐ Checks responsiveness
- ☐ Shouts for help/Activates emergency response system/Sends for AED
- ☐ Checks breathing
- ☐ Checks pulse

*Once student shouts for help, instructor says, "Here's the barrier device. I am going to get the AED."*

**Cycle 1 of CPR (30:2)** ***CPR feedback devices are required for accuracy***

**Adult Compressions**

- ☐ Performs high-quality compressions*:
  - Hand placement in the center of the chest, on the lower half of the sternum
  - 30 compressions, given at a rate of 100 to 120/min
  - Compresses at least 2 inches (5 cm)
  - Complete recoil after each compression

**Adult Breaths**

- ☐ Gives 2 breaths with a barrier device:
  - Each breath given over 1 second
  - Visible chest rise with each breath
  - Resumes compressions in less than 10 seconds

**Cycle 2 of CPR (repeats steps in Cycle 1)** ***Only check box if step is successfully performed***

- ☐ Compressions
- ☐ Breaths
- ☐ Resumes compressions in less than 10 seconds

*Rescuer 2 says, "Here is the AED. I'll take over compressions, and you use the AED."*

**AED (follows prompts of AED)**

- ☐ Powers on AED
- ☐ Correctly attaches pads
- ☐ Clears for analysis
- ☐ Clears to safely deliver a shock
- ☐ Safely delivers a shock

**Resumes Compressions**

- ☐ Ensures compressions are resumed immediately after shock delivery
  - Student directs instructor to resume compressions *or*
  - Second student resumes compressions

**STOP TEST**

**Instructor Notes**

- Place a check in the box next to each step the student completes successfully.
- If the student does not complete all steps successfully (as indicated by at least 1 blank check box), the student must receive remediation. Make a note here of which skills require remediation (refer to instructor manual for information about remediation).

| **Test Results** Check **PASS** or **NR** to indicate pass or needs remediation: | ☐ **PASS** | ☐ **NR** |
|---|---|---|

Instructor Initials _____ Instructor Number _____ Date _____

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# Infant CPR Skills Testing Checklist (1 of 2)

American Heart Association.

Student Name _____ Date of Test _____

In-Hospital Scenario: "You see a person run through the door carrying an infant. They shout, "Help me! My baby's not breathing." You check that the scene is safe and then approach the infant. You have gloves and a pocket mask. You send your coworker to activate the emergency response system and get the emergency equipment. Demonstrate what you would do next."

Out-of-Hospital Scenario: "You arrive on the scene for an infant who is not breathing. Hands-Only CPR is in progress. You approach the scene and ensure that it is safe. Demonstrate what you would do next."

**Assessment and Activation**

☐ Checks responsiveness ☐ Shouts for help/Activates emergency response system

☐ Checks breathing ☐ Checks pulse

*Once student shouts for help, instructor says, "Here's the barrier device."*

**Cycle 1 of CPR (30:2)** ***CPR feedback devices are preferred for accuracy***

**Infant Compressions**

☐ Performs high-quality compressions*:

- Placement of the heel of 1 hand in the center of the chest, just below the nipple line
- 30 compressions in no less than 15 and no more than 18 seconds
- Compresses at least one third the AP diameter of the chest, approximately 1½ inches (4 cm)
- Complete recoil after each compression

**Infant Breaths**

☐ Gives 2 breaths with a barrier device:

- Each breath given over 1 second
- Visible chest rise with each breath
- Resumes compressions in less than 10 seconds

**Cycle 2 of CPR (repeats steps in Cycle 1)** ***Only check box if step is successfully performed***

☐ Compressions ☐ Breaths ☐ Resumes compressions in less than 10 seconds

*Rescuer 2 arrives with bag-mask device and begins ventilation while Rescuer 1 continues compressions with 2 thumb–encircling hands technique.*

**Cycle 3 of CPR**

**Rescuer 1: Infant Compressions**

☐ Performs high-quality compressions*:

- 15 compressions with 2 thumb–encircling hands technique
- 15 compressions in no less than 7 and no more than 9 seconds
- Compresses at least one third the AP diameter of the chest, approximately 1½ inches (4 cm)
- Complete recoil after each compression

**Rescuer 2: Infant Breaths**

*This rescuer is not evaluated.*

*(continued)*

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# Infant CPR
# Skills Testing Checklist (2 of 2)

American Heart Association.

Student Name _____ Date of Test _____

*(continued)*

**Cycle 4 of CPR**

**Rescuer 2: Infant Compressions**

*This rescuer is not evaluated.*

**Rescuer 1: Infant Breaths**

☐ Gives 2 breaths with a bag-mask device:

- Each breath given over 1 second
- Visible chest rise with each breath
- Resumes compressions in less than 10 seconds

**STOP TEST**

**Instructor Notes**

- Place a check in the box next to each step the student completes successfully.
- If the student does not complete all steps successfully (as indicated by at least 1 blank check box), the student must receive remediation. Make a note here of which skills require remediation (refer to instructor manual for information about remediation).

| **Test Results** Check **PASS** or **NR** to indicate pass or needs remediation: | ☐ **PASS** | ☐ **NR** |
|---|---|---|

Instructor Initials _____ Instructor Number _____ Date _____

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