

# Heartsaver

## Adult CPR and AED Skills Testing Checklist



Student Name \_\_\_\_\_ Date of Test \_\_\_\_\_

Scenario: "You arrive on the scene for a suspected cardiac arrest. No bystander CPR has been provided. You approach the scene and ensure that it is safe. Demonstrate what you would do next."

### Assessment and Activation

- Checks responsiveness     Shouts for help/Sends someone to phone 9-1-1 and get an AED     Checks breathing

Once student shouts for help, instructor says, "Here's the barrier device. I am going to phone 9-1-1 and get the AED."

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

#### Adult Compressions

- Performs high-quality compressions\*:
- Hand placement on lower half of breastbone
  - 30 compressions in no less than 15 and no more than 18 seconds
  - 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
  - Gives 2 breaths in less than 10 seconds

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

- Gives 30 high-quality compressions     Gives 2 effective breaths

Instructor says, "Here is the AED."

### AED (follows prompts of AED)

- Powers on AED     Correctly attaches pads     Clears for analysis     Clears to safely deliver a shock  
 Presses button to deliver shock     Student immediately resumes compressions

AED trainer says, "The shock has been delivered."

### Cycle 3 of CPR (repeats steps in Cycle 1) Only check box if step is successfully performed

- Gives 30 high-quality compressions     Gives 2 effective breaths

**STOP TEST**

#### Instructor Notes

- Place a ✓ 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 \_\_\_\_\_

# Child CPR Skills Testing Checklist



Student Name \_\_\_\_\_ Date of Test \_\_\_\_\_

Scenario: "You are home alone with a child, and the child suddenly collapses in front of you. The scene is safe and you have a cell phone with you, but no AED nearby. Demonstrate what you would do next."

### Assessment and Activation

- Checks responsiveness     Shouts for help/Phones 9-1-1 on cell phone     Checks breathing

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

#### Child Compressions

- Performs high-quality compressions\*:
- Hand placement on lower half of breastbone
  - 30 compressions in no less than 15 and no more than 18 seconds
  - Compresses at least one third the depth of the chest, about 2 inches (5 cm)
  - Complete recoil after each compression

#### Child Breaths

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

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

- Gives 30 high-quality compressions     Gives 2 effective breaths

### Cycle 3 of CPR (repeats steps in Cycle 1) Only check box if step is successfully performed

- Gives 30 high-quality compressions     Gives 2 effective breaths

Instructor says, "EMS has arrived and is taking over."

**STOP TEST**

#### Instructor Notes

- Place a ✓ 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 \_\_\_\_\_

# Infant CPR Skills Testing Checklist



Student Name \_\_\_\_\_ Date of Test \_\_\_\_\_

Scenario: "While you are pushing a baby in a stroller at the park, you notice something is wrong with the baby. You do not have a phone nearby. You ensure that the scene is safe and take the baby out of the stroller. Demonstrate what you would do next."

### Assessment and Activation

- Checks responsiveness     Shouts for help     Checks breathing

Once student shouts for help, instructor says, "No one is around to help."

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

#### Infant Compressions

- Performs high-quality compressions\*:
- Placement of 2 fingers 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 depth of the chest, about 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
  - Gives 2 breaths in less than 10 seconds

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

- Gives 30 high-quality compressions     Gives 2 effective breaths

### Cycle 3 of CPR (repeats steps in Cycle 1) Only check box if step is successfully performed

- Gives 30 high-quality compressions     Gives 2 effective breaths

Instructor says, "You have just completed 5 sets of 30 compressions and 2 breaths."

### Activates Emergency Response System (9-1-1)

- Verbalizes the need to leave to phone 9-1-1

**STOP TEST**

#### Instructor Notes

- Place a ✓ 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 \_\_\_\_\_