

Basic Life Support
Adult CPR and AED
Skills Testing Checklist



Student Name _____ Date of Test _____

Hospital Scenario: "You are working in a hospital or clinic, and you see a person who has suddenly collapsed in the hallway. You check that the scene is safe and then approach the patient. Demonstrate what you would do next."
Prehospital 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/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 on lower half of sternum
 - 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
- Time: Seconds

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 _____

Submit

Basic Life Support
Infant CPR
Skills Testing Checklist



Student Name _____ Date of Test _____

Hospital Scenario: "You are working in a hospital or clinic when a woman runs through the door, carrying an infant. She shouts, 'Help me! My baby's not breathing.' You have gloves and a pocket mask. You send your coworker to activate the emergency response system and to get the emergency equipment."
Prehospital Scenario: "You arrive on the scene for an infant who is not breathing. 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/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 required for accuracy

- Performs high-quality compressions*:
 - Placement of 2 fingers or 2 thumbs 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, approximately 1½ inches (4 cm)
 - Complete recoil after each compression
- Time: Seconds

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 depth of the chest, approximately 1½ inches (4 cm)
 - Complete recoil after each compression
- Time: Seconds

Rescuer 2: Infant Breaths

This rescuer is not evaluated.

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 _____

Submit

PulsePoint

GET THE APP. SAVE A LIFE.

Sudden Cardiac Arrest (SCA) is a leading cause of preventable death. The PulsePoint app alerts bystanders—like you—who can help victims before professional help can arrive.

PulsePoint alerts you to nearby people in need. For every minute that passes before help arrives, SCA survival decreases by 7%-10%. It's like an amber alert for SCA victims.



1

SCA victim in need.



2

911 system sends PulsePoint alert.



3

Signal received by nearby PulsePoint users.



4

Users rush to help the victim before professional help arrives.

Learn more at pulsepoint.org

Download PulsePoint Respond



BROUGHT TO YOU BY:



CPR AED Safety Education
"Just in C.A.S.E."

cpraedandsafety.com

301-681-4300

SCA KILLS ALMOST
1,000 /DAY
IN THE U.S.

NEARLY **60%** OF SCA
VICTIMS DON'T GET CPR
UNTIL PROFESSIONAL
HELP ARRIVES.

13M AMERICANS ARE
CPR TRAINED AND
CERTIFIED ANNUALLY.

THE U.S. SURVIVAL
RATE FOR SCA IS **11%**
WE CAN DO BETTER.

CALL 911
PUSH HARD AND FAST
IN THE CENTER OF THE
CHEST TO THE BEAT
OF "STAYIN' ALIVE"
(100X/MINUTE).

Early CPR and rapid defibrillation before an emergency team arrives can boost survival by 50%.



How to Claim and View Your AHA eCard

Congratulations on completing your AHA course! One last step will make it official — **claiming your eCard**. As a reminder, only you should claim your eCard; it should not be claimed by someone on your behalf. **Note:** To claim an eCard, your Training Center must have issued an eCard (not a printed course completion card).

Claim your eCard via Email:

1. You will receive an email from eCards@heart.org with a link inviting you to claim your eCard online. Please make sure to check your spam or junk folder. The link will direct you to the Student Profile webpage; please confirm that all information on that page (First Name, Last Name, Email, Phone Number (if entered for claiming by SMS), eCard Code, AHA Instructor Name, and Training Center information) is correct. If it is not, contact your Training Center.
2. Set up your security question and answer. Accept the terms of the site and click "Submit."
3. Complete the survey on the course you just completed. Your answers to these questions will help improve the quality of future AHA training.
4. After you complete the survey, your eCard will display. You can save or print your eCard.
5. Once your eCard has been claimed, you will receive an email notification; please save this confirmation email for your records.
6. Claiming your eCard is the only way you can show proof of course completion to your employer. If you need to email your eCard, please see step 5 under "How to View your Claimed eCard"

Claim your eCard via eCards Site:

1. Visit the [eCards Search page](#). On the "Student" tab, enter your First Name, Last Name, and Email (ensure this is the email address that was used to sign up for the course) OR enter your eCard Code at the bottom of the page (ask your Training Center for this code). Click "Search."
2. If all the information was entered correctly, you will be brought to a page that shows "My eCards." Look for your eCard that is "Unclaimed" and follow the steps through the site to claim your card, including setting up a security question and answer. If your eCard cannot be found, contact your Training Center to verify your information.

How to View your Claimed eCard:

1. Visit the [eCards Search page](#). On the "Student" tab, enter your First Name, Last Name, and Email (ensure this is the email address that was used to sign up for the course) OR enter your eCard Code at the bottom of the page. Click "Search."
2. Answer your security question.
3. If all the information entered is correct, you will be brought to a page that shows "My eCards." If your eCard cannot be found, contact your Training Center to verify your information.
4. To download an eCard, select the size you would like (Full or Wallet) where it says, "View eCard."
5. To email an eCard, select "Email Cards," enter the email address, and click "Email."

How an Employer Can Verify a Student's Claimed eCard:

Note: The student must have claimed their eCard for an employer to view it.

1. Visit the [eCards Search page](#). On the "Employer" tab, enter the eCard Code (up to 20), and click "Verify."
2. The next page will show the eCard Status of the inputted code(s).



CPR AED & Safety Education
"Just in CASE you need to save a life"

Thank you for learning how to save lives. Your instructor's training center wants to know how they performed. Please take a few moments and complete this questionnaire and return it to the Instructor. If you would like, you can also email or call the training center directly with praises or concerns:

cpaedtraining@comcast.net , 301-681-4300.

Name of Class: _____ **Date:** _____

Location: _____ **Instructor:** _____

Your Name (optional): _____ **Phone/email (optional):** _____

Circle or write your answers.

1. Did you have your own American Heart Association student workbook/manual during the class, and you were able to take it with you?
Yes No Other _____

2. During the class, did you watch the AHA course videos and perform skills practice while watching the video?
Yes No Other _____

3. Did your instructor utilize a skill check off sheet during your skills testing and did they share the completed form with you?
Yes No Other _____

4. During CPR skills practice and testing, did you utilize a feedback device(s) or manikins that measured depth and speed of compressions?
N/A Yes No Other _____

5. How many hours/minutes did the class last? _____

6. The most outstanding things about my Instructor/Class:

7. Concerns you have about the Instructor/Class:
