



Student Name _____ Date of Test _____

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Scenario: "You arrive at 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."

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/Sends someone to phone 9-1-1 and get an AED
 Checks breathing

Assesses and Shouts for Help
 Checks responsiveness Shouts for help 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."

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

Cycle 1 of CPR (30:2)

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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

Infant Compressions
 Performs high-quality compressions*:
 • Uses 2 fingers or 2 thumbs of 1 hand, or the heel of 1 hand, to give compressions 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

*CPR feedback devices preferred for accuracy.

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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

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 Gives 30 high-quality compressions Gives 2 effective breaths

Instructor says, "Here is the AED."

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

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

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

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

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

Activates Emergency Response System (9-1-1)
 Verbalizes the need to leave to phone 9-1-1

STOP TEST

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).

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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 PASS NR
 Instructor Initials _____ Instructor Number _____ Date _____

**Heartsaver®
First Aid
Skills Testing Checklist**



Student Name _____ Date of Test _____

Scenario: "EMS has arrived and takes over. You may now remove your gloves. Demonstrate what you would do next."

Removing Gloves

- Grips one glove on the outside, near the cuff, to peel it off
- Cups the inside-out glove with the gloved hand
- Places 2 fingers of the bare hand inside the cuff to peel the second glove off, with the first glove inside it
- Verbalizes the need to dispose of the gloves properly

Scenario: "You find a coworker lying on the floor in the break room. A phone, a first aid kit, and an AED are on the wall. Demonstrate on how you would find the problem."

Finding the Problem

- Verbalizes that the scene is safe
- Checks breathing¹
- Looks for injury and medical information/jewelry²
- Verbalizes that he or she will stay with the person until EMS arrives
- Takes off safety cap
- Holds leg in place; presses epinephrine pen firmly against outer side of thigh for 3 seconds
- Removes epinephrine pen
- Rubs injection site for 10 seconds

After the student taps and shouts, the instructor says, "The person is unresponsive."

After the student verbalizes that they have checked for breathing, the instructor says, "The person is breathing normally."

After the student checks for injury and medical information/jewelry, the instructor says, "The person is not injured, and there is no medical information/jewelry."

Scenario: "A coworker has a severe allergic reaction, has an epinephrine pen, and needs help using it. You have completed all previous steps and are now ready to use the epinephrine pen. You have read the manufacturer's instructions, which state to inject for 3 seconds. Demonstrate what you would do next."

Using an Epinephrine Pen

- Takes off safety cap
- Holds leg in place; presses epinephrine pen firmly against outer side of thigh for 3 seconds
- Removes epinephrine pen
- Rubs injection site for 10 seconds

Scenario: "You will demonstrate controlling bleeding and then bandaging a small cut on the person's forearm. You have the first aid kit and are now ready to begin."

Controlling Bleeding and Bandaging

- Verbalizes putting on gloves, and places pressure over cut with a clean dressing¹
- Presses harder to ensure that bleeding is stopped²
- Applies bandages over the dressings

After about 15 seconds, the instructor says, "The bleeding is not stopping."

After another 5 seconds, the instructor says, "The bleeding has stopped."

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 _____

**Heartsaver®
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/Sends someone to phone 9-1-1
- 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)

Child Compressions

- Performs high-quality compressions¹:
- 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, approximately 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

***CPR feedback devices preferred for accuracy.**

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 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 _____

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.



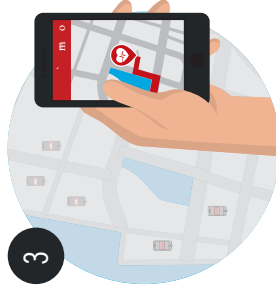
1

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



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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:

cpraedtraining@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:
