

Heartsaver CPR & AED Course

Name: _____

Date: _____

Adult CPR and AED Skills Test		✓ if done correctly
Scenario: "You arrive on the scene for a suspected cardiac arrest. No bystander CPR has been provided. You approach the scene and determine it is safe. Demonstrate what you would do next."		
Assessment and Activation		
Checks responsiveness		
Shouts for help / Sends someone to call 911 and get an AED		
Checks breathing		
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 preferred 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		
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 (repeat steps in Cycle 1) Only check box if step is successfully performed		
Gives 30 high quality compressions		
Gives 2 effective breaths		
AED (follows prompts of AED)		
Powers on AED	Instructor says, "Here is the AED."	
Correctly attaches pads		
Clears for analysis		
Clears to safely deliver a shock		
Presses the button to deliver shock		
Student immediately resumes compressions.		
AED trainer says, "The shock has been delivered."		
Cycle 3 of CPR (repeat steps in Cycle 1) Only check box if step is successfully performed		
Gives 30 high quality compressions		
Gives 2 effective breaths		
STOP TEST: Check PASS or NR to indicate pass or needs remediation.		PASS <input type="checkbox"/> NR <input type="checkbox"/>

Child CPR and AED Skills Test		✓ if done correctly
Scenario: "You're 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 sternum		
• 30 compressions in no less than 15 and no more than 18 seconds		
• Compresses at least 1/3 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		
• Resumes compressions in less than 10 seconds		
Cycle 2 of CPR (repeat 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 (repeat steps in Cycle 1) Only check box if step is successfully performed		
Gives 30 high quality compressions		
Gives 2 effective breaths		
STOP TEST: Check PASS or NR to indicate pass or needs remediation.		PASS <input type="checkbox"/> NR <input type="checkbox"/>

Infant CPR and AED Skills Test		✓ if done correctly
Scenario: "You're pushing a baby in a stroller at the park and notice something is wrong with the baby. You don't have a phone nearby. You ensure the scene is safe and you 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 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 1/3 the depth of the chest, about 1.5" (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 (repeat 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 (repeat 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 phone 9-1-1	
STOP TEST: Check PASS or NR to indicate pass or needs remediation.	
PASS <input type="checkbox"/> NR <input type="checkbox"/>	

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).	
Instructor Initials _____ Instructor #: _____	Date: _____