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:

Instructor Initials __________  Instructor Number _____________________________  Date _____________________________

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Infant CPR
Skills Testing Critical Skills Descriptors

1. Assesses infant and activates emergency response system (this must precede starting compressions) within a maximum of 30 seconds. After determining that the scene is safe:
   - Checks for responsiveness by tapping and shouting
   - Shouts for help
   - Checks for no breathing or no normal breathing (only gasping)
     – Scans from the head to the chest for a minimum of 5 seconds and no more than 10 seconds

2. Cycle 1: Performs high-quality chest compressions (initiates compressions immediately after recognition of cardiac arrest)
   - Correct placement of fingers in center of chest
     – 2 fingers just below the nipple line
   - Compression rate of 100 to 120/min
     – Delivers 30 compressions in 15 to 18 seconds
   - Compression depth and recoil—compress at least one third the depth of the chest, about 1½ inches (4 cm)
     – Use of a commercial feedback device/manikin is highly recommended
     – Complete chest recoil after each compression

3. Cycle 1: Provides 2 breaths by using a barrier device
   - Opens airway adequately
     – Uses a head tilt–chin lift maneuver
   - Delivers each breath over 1 second
   - Delivers breaths that produce visible chest rise
   - Avoids excessive ventilation
   - Resumes chest compressions in less than 10 seconds

4. Cycle 2: Performs same steps for compressions and breaths as in Cycle 1

5. Cycle 3: Performs same steps for compressions and breaths as in Cycle 1
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 _____________________________

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Child CPR
Skills Testing Critical Skills Descriptors

1. Assesses victim and activates emergency response system (this must precede starting compressions) within a maximum of 30 seconds. After determining that the scene is safe:
   - Checks for responsiveness by tapping and shouting
   - Shouts for help and phones 9-1-1
   - Checks for no breathing or no normal breathing (only gasping)
     - Scans from the head to the chest for a minimum of 5 seconds and no more than 10 seconds

2. Cycle 1: Performs high-quality chest compressions (initiates compressions immediately after recognition of cardiac arrest)
   - Correct hand placement
     - Lower half of breastbone
     - 1- or 2-handed (second hand on top of the first)
   - Compression rate of 100 to 120/min
     - Delivers 30 compressions in 15 to 18 seconds
   - Compression depth and recoil—compress at least one third the depth of the chest, about 2 inches (5 cm)
     - Use of a commercial feedback device/manikin is highly recommended
     - Complete chest recoil after each compression

3. Cycle 1: Provides 2 breaths by using a barrier device
   - Opens airway adequately
     - Uses a head tilt–chin lift maneuver
   - Delivers each breath over 1 second
   - Delivers breaths that produce visible chest rise
   - Avoids excessive ventilation
   - Resumes chest compressions in less than 10 seconds

4. Cycle 2: Performs same steps for compressions and breaths as in Cycle 1

5. Cycle 3: Performs same steps for compressions and breaths as in Cycle 1
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 _____________________________

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Adult CPR and AED
Skills Testing Critical Skills Descriptors

1. Assesses victim and activates emergency response system (this must precede starting compressions) within a maximum of 30 seconds. After determining that the scene is safe:
   - Checks for responsiveness by tapping and shouting
   - Shouts for help/directs someone to phone 9-1-1 and get AED
   - Checks for no breathing or no normal breathing (only gasping)
     - Scans from the head to the chest for a minimum of 5 seconds and no more than 10 seconds

2. Cycle 1: Performs high-quality chest compressions (initiates compressions immediately after recognition of cardiac arrest)
   - Correct hand placement
     - Lower half of the breastbone
     - 2-handed (second hand on top of the first)
   - Compression rate of 100 to 120/min
     - Delivers 30 compressions in 15 to 18 seconds
   - Compression depth and recoil—at least 2 inches (5 cm)
     - Use of a commercial feedback device/manikin is highly recommended
     - Complete chest recoil after each compression

3. Cycle 1: Provides 2 breaths by using a barrier device
   - Opens airway adequately
     - Uses a head tilt–chin lift maneuver
   - Delivers each breath over 1 second
   - Delivers breaths that produce visible chest rise
   - Avoids excessive ventilation
   - Resumes chest compressions in less than 10 seconds

4. Cycle 2: Performs same steps for compressions and breaths as in Cycle 1

5. AED use
   - Powers on AED
     - Turns AED on by pushing button or lifting lid as soon as it arrives
   - Correctly attaches pads
     - Places proper-sized pads for victim’s age in correct location
   - Clears for analysis
     - Clears rescuers from victim for AED to analyze rhythm (pushes analyze button if required by device)
     - Verbalizes and visually demonstrates to stay clear of the person
   - Clears to safely deliver shock
     - Verbalizes and visually demonstrates to stay clear of the person
   - Presses button to deliver a shock
     - Resumes chest compressions immediately after shock delivery
     - Does not turn off AED during CPR

6. Cycle 3: Performs same steps for compressions and breaths as in Cycle 1