

# 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**

<b>Instructor Notes</b>		
<ul style="list-style-type: none"> <li>• Place a ✓ in the box next to each step the student completes successfully.</li> <li>• 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).</li> </ul>		
<b>Test Results</b>	Check <b>PASS</b> or <b>NR</b> to indicate pass or needs remediation:	<b>PASS</b> <b>NR</b>
Instructor Initials _____ Instructor Number _____ Date _____		

# 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 \_\_\_\_\_

# 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 \_\_\_\_\_

# 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**