

Interim BLS for Healthcare Providers Testing Checklist

CPR Critical Skills

Released: November 2010

Student Name: _____

Date of Test: _____

Test Summary					
PASS = Steps all checked (done correctly)					
NR = Needs remediation					
			Indicate PASS or NR:		
1R CPR	NR	2R CPR + AED	NR	Infant 1R + 2R CPR	NR
PASS		PASS		PASS	

Instructor's signature affirms that skills tests were done according to AHA Guidelines.

Instructor's Signature: _____

Print Instructor's Name: _____

Date: _____

Adult/Child 1-Rescuer CPR Skills Test		<input checked="" type="checkbox"/> If done correctly
Skill Step	Critical Performance Steps	
1	Checks for response	
2	Checks for no breathing or no normal breathing <i>Minimum 5 seconds; maximum 10 seconds</i>	
3	Activates emergency response system/calls for AED	
4	Checks carotid pulse <i>Minimum 5 seconds; maximum 10 seconds</i>	
5	Locates CPR hand position	
6	Delivers first cycle of compressions at correct rate <i>Acceptable <18 seconds for 30 compressions</i>	
7	Gives 2 breaths (1 second each)	
8	Delivers second cycle of compressions at correct hand position <i>Acceptable >23 compressions</i>	
9	Gives 2 breaths (1 second each)	
<i>The next step is done only with a manikin with a feedback device, such as a clicker or light. If no feedback manikin, STOP THE TEST.</i>		
10	Delivers third cycle of compressions of adequate depth with full chest recoil <i>Acceptable >23 compressions</i>	
11	Gives 2 breaths (1 second each)	
STOP THE TEST		
		PASS NR

CPR Critical Skills

Adult 2-Rescuer CPR With AED Skills Test		<input checked="" type="checkbox"/> If done correctly
Skill Step	Critical Performance Steps	
	Rescuer arrives with AED while CPR is in progress.	
1	Turns AED on	
2	Selects proper AED pads and places pads correctly	
3	Clears victim to analyze <i>(must be visible and verbal check)</i>	
4	Clears victim to shock/presses shock button <i>(must be visible and verbal check)</i> Maximum time from AED arrival 90 seconds	
5	Resumes chest compressions after 1 shock	
	Student being tested continues chest compressions; other student does breathing with bag mask. Test only student doing compressions.	
6	Delivers cycle of compressions at correct rate Acceptable < 18 seconds for 30 compressions	
7	Pauses to allow other rescuer to give 2 breaths	
8	Delivers cycle of compressions using correct hand position	
9	Pauses to allow other rescuer to give 2 breaths	
	Switches places with little interruption. Student being tested takes over breathing using bag mask. Students perform 2 more cycles of CPR. Test only student giving breaths.	
10	1 st rescuer delivers cycle of compressions Measure depth only if using instrumented manikin; otherwise observe that compressions are given	
11	Gives 2 breaths during pauses in compressions with bag mask <i>(2 cycles)</i>	
STOP THE TEST		PASS
		NR

Infant 1- and 2-Rescuer CPR Skills Test		<input checked="" type="checkbox"/> If done correctly
Skill Step	Critical Performance Steps	
1	Checks for response	
2	Checks for no breathing or no normal breathing Minimum 5 seconds; maximum 10 seconds	
3	Sends someone to activate emergency response system	
4	Checks brachial pulse Minimum 5 seconds; maximum 10 seconds	
5	Locates CPR finger position	
6	Delivers cycle of compressions at correct rate Acceptable < 18 seconds for 30 compressions	
7	Gives 2 breaths (1 second each) with visible chest rise	
8	Delivers cycle of compressions at correct rate Acceptable < 18 seconds for 30 compressions	
9	Gives 2 breaths (1 second each) with visible chest rise	
	Second rescuer arrives and takes over breathing with bag mask. Test only first rescuer.	
10	1 st rescuer delivers cycle of compressions at correct finger position Acceptable > 11 of 15 compressions	
11	1 st rescuer pauses to allow 2 nd rescuer to give 2 breaths	
12	1 st rescuer delivers cycle of compressions Measure depth only if using instrumented manikin; otherwise observe that compressions are given	
13	1 st rescuer pauses to allow 2 nd rescuer to give 2 breaths	
	Rescuers switch places with little interruption. 1 st rescuer takes over breathing with bag mask. Students perform 2 more cycles of CPR. Test only 1 st rescuer.	
14	1 st rescuer gives 2 breaths during pauses in compressions with bag mask (2 cycles)	
STOP THE TEST		PASS
		NR