

Interim Heartsaver Testing Checklist Adult 1-Rescuer CPR and AED Test

Released: November 2010

Student Name: _____ Date of Test: _____

Skill Step	Critical Performance Steps	Adult CPR With AED <input checked="" type="checkbox"/> if done correctly
1	Checks for response	
2	Tells someone to phone emergency response number (or 911) and get an AED	
3	Checks for no breathing or no normal breathing <i>Minimum 5 seconds; maximum 10 seconds</i>	
4	Locates CPR hand position	
5	Delivers first cycle of compressions at correct rate <i>Acceptable <18 seconds for 30 compressions</i>	
6	Opens airway and gives 2 breaths (1 second each)	
7	Delivers second cycle of compressions at correct hand position <i>Acceptable >23 out of 30 compressions</i>	
8	Gives 2 breaths (1 second each)	
AED arrives		
AED 1	Turns AED on	
AED 2	Selects proper AED pads and places correctly	
AED 3	Clears victim to analyze <i>(Must be visible and verbal check)</i>	
AED 4	Clears victim to shock/presses shock button <i>(Must be visible and verbal check)</i> <i>Maximum time from AED arrival 90 seconds</i>	
Student continues CPR		
9	Delivers third cycle of compressions at correct rate <i>Acceptable <18 seconds for 30 compressions</i>	
10	Gives 2 breaths (1 second each) with visible chest rise	
<i>The next step is done only with a manikin with a feedback device, such as a clicker or light. If no feedback device, STOP THE TEST.</i>		
11	Delivers fourth cycle of compressions of adequate depth with full chest recoil <i>Acceptable >23 compressions</i>	
		STOP THE TEST
		PASS NR