

Adult CPR and AED Skills Testing Checklist (1 of 2)



Student Name _____ Date of Test _____

Workplace Scenario: "A phone is available, and a first aid kit and AED are on the wall. You find a coworker lying on the floor in the break room. Demonstrate what you would do next."

School Scenario: "A phone is available, and a first aid kit and AED are on the wall. You find a visitor lying on the floor in the office. Demonstrate what you would do next."

Community Scenario: "A phone is available, and a first aid kit and AED are on the wall. You find a person lying on the ground in a public space. Demonstrate what you would do next."

Assessment and Activation

- ☐ Assesses scene safety ☐ Verbalizes the scene is safe ☐ Taps and shouts to check responsiveness*
☐ Shouts for help ☐ Sends someone to call 911 and get an AED† ☐ Checks breathing‡

*After the student taps and shouts, the instructor says, "The person is unresponsive."

†Once the student sends someone to call 911, the instructor says, "I am going to call 911 and get the AED."

‡After the student checks for breathing, the instructor says, "The person is not breathing normally."

Cycle 1 of CPR (30:2)

Adult Compressions

- ☐ Performs compressions*:
 • Hand placement on lower half of breastbone
 • 30 compressions in no less than 15 and no more than 18 seconds (_____ 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
 • Returns to compressions in less than 10 seconds

*CPR feedback devices are required for accuracy.

Cycle 2 of CPR (repeats steps in Cycle 1) Only check box if step is successfully performed

- ☐ Gives 30 compressions (_____ seconds) ☐ 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 ☐ Resumes chest compressions immediately

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 compressions (_____ seconds) ☐ Gives 2 effective breaths

(continued)

Heartsaver®
Adult CPR and AED
Skills Testing Checklist (2 of 2)



Student Name _____

Date of Test _____

(continued)

STOP TEST

Instructor Notes

- Place a check 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 Checklist



Student Name _____ Date of Test _____

School Scenario: "You are on the playground at school and notice a child suddenly collapse. You have a cell phone but do not see an AED nearby. Demonstrate what you would do next."

Home Scenario: "You are at home in the playroom and notice your child suddenly collapse. You have a cell phone but do not have an AED. Demonstrate what you would do next."

Community Scenario: "You are at a park and notice a child suddenly collapse. You have a cell phone but do not see an AED nearby. Demonstrate what you would do next."

Assessment and Activation

- ☐ Assesses scene safety ☐ Verbalizes the scene is safe ☐ Taps and shouts to check responsiveness*
☐ Shouts for help† ☐ Calls 911 and places phone on speaker mode ☐ Checks breathing‡

*After the student taps and shouts, the instructor says, "The person is unresponsive."

†Once the student shouts for help, the instructor says, "No one is around to help."

‡After the student checks for breathing, the instructor says, "The person is not breathing normally."

Cycle 1 of CPR (30:2)

Child Compressions

- ☐ Performs compressions*:
- Hand placement on lower half of breastbone
 - 30 compressions in no less than 15 and no more than 18 seconds (_____ seconds)
 - Compresses at least one third the depth of the chest, at least 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
 - Returns to compressions in less than 10 seconds

*CPR feedback devices preferred for accuracy.

Cycle 2 of CPR (repeats steps in Cycle 1) Only check box if step is successfully performed

- ☐ Gives 30 compressions (_____ seconds) ☐ Gives 2 effective breaths

Cycle 3 of CPR (repeats steps in Cycle 1) Only check box if step is successfully performed

- ☐ Gives 30 compressions (_____ seconds) ☐ Gives 2 effective breaths

Instructor says, "EMS has arrived and is taking over."

STOP TEST

Instructor Notes

- Place a check 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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Infant CPR
Skills Testing Checklist (1 of 2)



Student Name _____ Date of Test _____

Community Scenario: "While you are pushing an infant in a stroller at the park, you notice something is wrong with them. You are alone and do not have a phone nearby. Demonstrate what you would do next."

Home/Daycare Scenario: "You've just put an infant down for a nap. As you turn to leave, you hear a strange, gasping breath coming from the infant and quickly recognize that they're not breathing normally. You are alone and do not have a phone nearby. Demonstrate what you would do next."

Assessment and Activation

- ☐ Assesses scene safety ☐ Verbalizes the scene is safe ☐ Taps and shouts to check responsiveness*
☐ Shouts for help† ☐ Checks breathing

*After the student taps and shouts, the instructor says, "The infant is unresponsive."

†Once the student shouts for help, the instructor says, "No one is around to help."

Cycle 1 of CPR (30:2)

Infant Compressions

- ☐ Performs compressions*:
- Uses 2 thumb-encircling hands technique or the heel of one hand to give compressions in the center of the chest, on the lower half of the breastbone, just below the nipple line.
 - 30 compressions in no less than 15 and no more than 18 seconds (_____ 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
 - Returns to compressions in less than 10 seconds

*CPR feedback devices preferred for accuracy.

Cycle 2 of CPR (repeats steps in Cycle 1) Only check box if step is successfully performed

- ☐ Gives 30 compressions (_____ seconds) ☐ Gives 2 effective breaths

Cycle 3 of CPR (repeats steps in Cycle 1) Only check box if step is successfully performed

- ☐ Gives 30 compressions (_____ seconds) ☐ Gives 2 effective breaths

Instructor says, "You have just completed 5 sets of 30 compressions and 2 breaths."

Activates Emergency Response System (911)

- ☐ Verbalizes the need to leave (or take infant with them) to call 911 and get an AED

(continued)

Heartsaver®
Infant CPR
Skills Testing Checklist (2 of 2)



Student Name _____

Date of Test _____

(continued)

STOP TEST

Instructor Notes

- Place a check 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 _____