Heartsaver®

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

American Heart Association.

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)

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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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Adult CPR and AED
Skills Testing Critical Skills Descriptors

1. **Assesses the scene for safety**
   - Scans the scene for safety
2. **Verbalizes that the scene is safe**
3. **Checks for responsiveness by tapping and shouting**
   - Taps the person's shoulders and shouts, "Hey! Are you OK? Are you OK?"
4. **Shouts for help**
5. **Sends someone to call 911 and get an AED**
6. **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
7. **Cycle 1: Performs chest compressions**
   - Initiates compressions immediately after recognition of cardiac arrest
   - Correct hand placement
     - Lower half of the breastbone
     - 2-handed compressions (second hand on top of the first)
   - Compression rate of 100 to 120/min
     - Gives 30 compressions in 15 to 18 seconds
   - Compression depth of at least 2 inches (5 cm)
     - Use of a commercial feedback device or manikin with feedback required
   - Complete chest recoil after each compression
     - Allows the chest to return to its normal position
8. **Cycle 1: Gives 2 breaths with a barrier device**
   - Opens the airway adequately
     - Uses a head tilt–chin lift maneuver
   - Gives each breath over 1 second
   - Gives breaths that produce visible chest rise
   - Avoids excessive ventilation
   - Resumes chest compressions in less than 10 seconds
9. **Cycle 2: Performs same steps for compressions and breaths as in Cycle 1**
10. **Uses an AED**
    - Powers on the AED
      - Turns on the AED by pushing the On button or lifting the lid as soon as it arrives
    - Correctly attaches pads
      - Places proper-sized pads for the person's age in the correct location
    - Clears for analysis
      - Verbalizes and visually demonstrates to stay clear of the person (pushes the Analyze button if required by the device)
    - Clears to safely deliver a shock
      - Verbalizes and visually demonstrates to stay clear of the person
    - Presses the button to deliver a shock
    - Resumes chest compressions immediately after shock delivery
      - Does not turn off the AED during CPR
11. **Cycle 3: Performs same steps for compressions and breaths as in Cycle 1**

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