Heartsaver®

Child CPR Skills Testing Checklist

American Heart Association.

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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Child CPR
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 child's shoulders and shouts, "Hey! Are you OK? Are you OK?"
4. **Shouts for help**
5. **Verbalizes calling 911 and placing their phone on speaker mode**
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
     - 1- or 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 one third the depth of the chest, or about 2 inches (5 cm)
     - Use of a commercial feedback device or manikin with feedback recommended
   - Complete chest recoil after each compression
     - Allows the chest to return to its normal position
8. **Cycle 1: Provides 2 breaths with a barrier device**
   - Opens the 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
9. **Cycle 2: Performs same steps for compressions and breaths as in Cycle 1**
10. **Cycle 3: Performs same steps for compressions and breaths as in Cycle 1**

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