Heartsaver®

# Infant CPR Skills Testing Checklist (1 of 2)

American Heart Association.

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)*

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# Infant CPR
# Skills Testing Checklist (2 of 2)

American Heart Association.

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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# Infant 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 infant's foot and shouts
4. **Shouts for help**
   - The instructor may verbalize and remind the student that if they're alone and don't have a phone and the infant is unresponsive and not breathing, first give 5 sets of 30 compressions and 2 breaths before leaving to call 911 and get an AED if one is nearby.
5. **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
6. **Cycle 1: Performs chest compressions**
   - Initiates compressions immediately after recognition of cardiac arrest
   - Correct hand placement
     - Center of the chest, on the lower half of the breastbone, just below the nipple line
   - 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 1½ inches (4 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
7. **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
8. **Cycle 2: Performs same steps for compressions and breaths as in Cycle 1**
9. **Cycle 3: Performs same steps for compressions and breaths as in Cycle 1**
10. **Verbalizes the need to leave (or take the infant with them) to call 911 and get an AED**
    - The instructor may verbalize that if someone comes to help, send them to call 911 and get an AED.

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