Basic Life Support
Adult CPR and AED
Skills Testing Checklist

American Heart Association®

Student Name _____   Date of Test _____

Hospital Scenario: "You are working in a hospital or clinic, and you see a person who has suddenly collapsed in the hallway. You check that the scene is safe and then approach the patient. Demonstrate what you would do next."

Prehospital Scenario: "You arrive on the scene for a suspected cardiac arrest. No bystander CPR has been provided. You approach the scene and ensure that it is safe. Demonstrate what you would do next."

Assessment and Activation
☐ Checks responsiveness   ☐ Shouts for help/Activates emergency response system/Sends for AED
☐ Checks breathing   ☐ Checks pulse

Once student shouts for help, instructor says, "Here's the barrier device. I am going to get the AED."

Cycle 1 of CPR (30:2)   *CPR feedback devices are required for accuracy*
Adult Compressions
☐ Performs high-quality compressions*:
  • Hand placement on lower half of sternum
  • 30 compressions in no less than 15 and no more than 18 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
  • Resumes compressions in less than 10 seconds

Cycle 2 of CPR (repeats steps in Cycle 1)   *Only check box if step is successfully performed*
☐ Compressions   ☐ Breaths   ☐ Resumes compressions in less than 10 seconds

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Rescuer 2 says, "Here is the AED. I'll take over compressions, and you use the AED."

AED (follows prompts of AED)
☐ Powers on AED   ☐ Correctly attaches pads   ☐ Clears for analysis
☐ Clears to safely deliver a shock   ☐ Safely delivers a shock

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Resumes Compressions
☐ Ensures compressions are resumed immediately after shock delivery
  • Student directs instructor to resume compressions *or*
  • Second student resumes compressions

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 _____