Heartsaver® Adult CPR and AED Skills Testing Checklist



Student Name

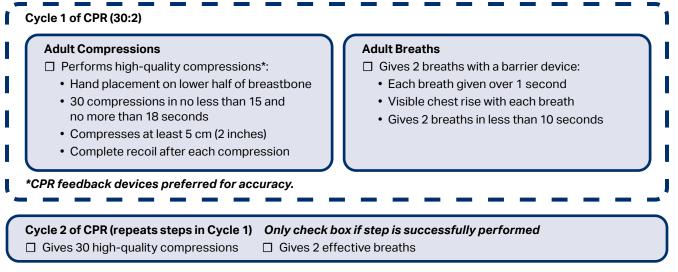
Date of Test

Scenario: "You arrive at 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/Sends someone to phone the local emergency response number and get an AED □ Checks breathing

Once student shouts for help, instructor says, "Here's the barrier device. I am going to phone the local emergency response number and get the AED."



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 Student immediately resumes compressions

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 high-quality compressions	□ Gives 2 effective breaths

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 nee	eds remediation:		
Instructor Initials	Instructor Number	Date		

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Heartsaver® Adult CPR and AED Skills Testing Critical Skills Descriptors

- 1. Assesses the person and activates emergency response system (this must precede starting compressions) within a maximum of 30 seconds. After determining that the scene is safe:
 - · Checks for responsiveness by tapping and shouting
 - Shouts for help/directs someone to use a cell phone to phone the local emergency response number or leave to find a phone and get AED
 - · 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
- 2. Cycle 1: Performs high-quality chest compressions (initiates compressions immediately after recognition of cardiac arrest)
 - Correct hand placement
 - Lower half of the breastbone
 - 2-handed (second hand on top of the first)
 - Compression rate of 100 to 120/min
 - Delivers 30 compressions in 15 to 18 seconds
- · Compression depth and recoil—at least 5 cm (2 inches)
 - Use of a commercial feedback device/manikin is highly recommended
 - Complete chest recoil after each compression

3. Cycle 1: Provides 2 breaths by using a barrier device

- · Opens 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

4. Cycle 2: Performs same steps for compressions and breaths as in Cycle 1

- 5. AED use
 - Powers on AED
 - Turns AED on by pushing button or lifting lid as soon as it arrives
 - Correctly attaches pads
 - Places proper-sized pads for person's age in correct location
 - Clears for analysis
 - Clears rescuers from person for AED to analyze rhythm (pushes analyze button if required by device)
 - Verbalizes and visually demonstrates to stay clear of the person
 - · Clears to safely deliver shock
 - Verbalizes and visually demonstrates to stay clear of the person
 - Presses button to deliver a shock
 - Resumes chest compressions immediately after shock delivery
 - Does not turn off AED during CPR
- 6. Cycle 3: Performs same steps for compressions and breaths as in Cycle 1