

Heartsaver®
Infant CPR
Skills Testing Checklist (1 of 2)



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 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

- ☐ Verbalizes the need to leave (or take infant with them) to call the local emergency response number and get an AED

(continued)

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Student Name _____ Date of Test _____

(continued)

STOP TEST

Instructor Notes <ul style="list-style-type: none">• 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:	<input type="checkbox"/> PASS	<input type="checkbox"/> NR
Instructor Initials _____ Instructor Number _____ Date _____		