

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 9-1-1 and get an AED
- Checks breathing

Once student shouts for help, instructor says, "Here's the barrier device. I am going to phone 9-1-1 and get the AED."

**Cycle 1 of CPR (30:2)**

**Adult Compressions**

- Performs high-quality compressions\*:
  - Hand placement on lower half of breastbone
  - 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
  - Gives 2 breaths 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 high-quality compressions     Gives 2 effective breaths

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 needs remediation:     **PASS**     **NR**

Instructor Initials \_\_\_\_\_ Instructor Number \_\_\_\_\_ Date \_\_\_\_\_

## **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 9-1-1 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 2 inches (5 cm)
    - 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**