

Heartsaver®
Infant CPR
Skills Testing Checklist



Student Name _____ Date of Test _____

Scenario: "While you are pushing a baby in a stroller at the park, you notice something is wrong with the baby. You do not have a phone nearby. You ensure that the scene is safe and take the baby out of the stroller. Demonstrate what you would do next."

Assesses and Shouts for Help
 Checks responsiveness Shouts for help Checks breathing

Once student shouts for help, instructor says, "No one is around to help."

Cycle 1 of CPR (30:2)

<p>Infant Compressions</p> <input type="checkbox"/> Performs high-quality compressions*: <ul style="list-style-type: none"> • Uses 2 fingers of 1 hand, 2 thumbs, or the heel of 1 hand to give compressions in the center of the chest, just below the nipple line • 30 compressions in no less than 15 and no more than 18 seconds • Compresses at least one third the depth of the chest, about 1½ inches (4 cm) • Complete recoil after each compression 	<p>Infant Breaths</p> <input type="checkbox"/> Gives 2 breaths with a barrier device: <ul style="list-style-type: none"> • Each breath given over 1 second • Visible chest rise with each breath • Gives 2 breaths in less than 10 seconds
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**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

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

Instructor says, "You have just completed 5 sets of 30 compressions and 2 breaths."

Activates Emergency Response System (9-1-1)

Verbalizes the need to leave to phone 9-1-1

STOP TEST

<p>Instructor Notes</p> <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). 		
<p>Test Results Check PASS or NR to indicate pass or needs remediation:</p>	<input type="checkbox"/> PASS	<input type="checkbox"/> NR
<p>Instructor Initials _____ Instructor Number _____ Date _____</p>		

Infant CPR Skills Testing Critical Skills Descriptors

- 1. Assesses infant and shouts for help (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
 - 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 placement of fingers in center of chest
 - 2 fingers of one hand, 2 thumbs, or the heel of 1 hand placed just below the nipple line to give compressions.
 - Compression rate of 100 to 120/min
 - Delivers 30 compressions in 15 to 18 seconds
 - Compression depth and recoil—compress at least one third the depth of the chest, about 1½ inches (4 cm)
 - Complete chest recoil after each compression
 - Use of a commercial feedback device/manikin is highly recommended
- 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. Cycle 3: Performs same steps for compressions and breaths as in Cycle 1**
- 6. Activates emergency response (9-1-1)**