



COURSE TYPE: Heartsaver

Adult
 Child
 Infant
 First Aid
 Pediatric First Aid
 Blended (include Online Cert)

Course Date:

Course Location:

Student Information:

Name:

Phone:

Address:

Email:

City, State, ZIP:

Why did you take this course?

CPR and AED Skills Testing Checklist							
Skill Step	Critical Performance Steps	<input checked="" type="checkbox"/> if done correctly					
		ADULT	CHILD	INFANT			
Assessment / Activation	Checks responsiveness						
	Shouts for help/ Sends someone to call 9-1-1 and get AED/ (pediatric: calls 9-1-1 on cell phone)						
	Checks breathing						
Once students shouts for help, instructor says "Here's a barrier device. I am going to call 9-1-1 and get the AED."							
Cycle 1 of CPR (30:2)	Compressions – Performs high-quality compressions: <ul style="list-style-type: none"> ➤ Hand placement of lower half of sternum ➤ 30 compressions in >=15 seconds and <=18 seconds ➤ Complete recoil after each compression 	At least 2 inches	At least 1/3 to 1/2 the depth of the chest, about 2 inches	At least 1/3 to 1/2 the depth of the chest, about 1 1/2 inches			
	Breaths – 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 ➤ Resumes compressions in less than 10 seconds 						
Cycle 2 of CPR	Compressions (Only check box if step is successfully performed)						
	Breaths (Only check box if step is successfully performed)						
Adult: Rescuer 2 says "Here is the AED."			Pediatric: Continue with Cycle 3 of CPR				
AED (follows)	Powers on AED						
	Correctly attaches pads						
	Clears for analysis						
	Clears to safely deliver a shock						
	Safely delivers a shock						
Resumes CPR	Ensures compressions are resumed immediately after shock delivery						
	<ul style="list-style-type: none"> ➤ Gives 30 high-quality compressions ➤ Gives 2 effective breaths 						
Adult and Child: Test is over			Infant: Instructor says: "You have just completed 5 cycles of CPR"				
EMS	Verbalizes the need to leave to phone 9-1-1						
STOP TEST							
➤ Place a <input checked="" type="checkbox"/> in each 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 more information about remediation).							
Test Results: Circle PASS or NR to indicate pass or needs remediation		PASS	NR	PASS	NR	PASS	NR
Instructor Initials: _____ Instructor Number: _____ Date: _____							

First Aid Course Skills

Removing Gloves

Scenario: "EMS has arrived and takes over. You may now remove your gloves. Demonstrate what you would do next."

Grips one glove on the outside near the cuff to peel it off.

Cups the inside-out glove with the gloved hand

Places 2 fingers of the bare hand inside the cuff to peel the second glove off, with the first glove inside it

Verbalizes the need to dispose of gloves properly

Stopping Bleeding and Bandaging

Scenario: "You will demonstrate stopping bleeding and then bandaging a small cut on the person's forearm. You have the first aid kit and are now ready to begin."

Tells person to place pressure over cut with clean dressing

Verbalizes putting on gloves

Applies pressure to bleeding area

Instructor: "The bleeding is not stopping"

Adds more dressings and presses harder

Instructor: "The bleeding is has stopped"

Applies more bandages over the dressing

Using an Epinephrine Pen

Scenario: "A coworker has a severe allergic reaction, has an epinephrine pen, and needs help using it. You have completed all previous steps and are now ready to use the epinephrine pen. Demonstrate what you would do next."

Holds epinephrine pen in fist

Takes off safety cap

Presses epinephrine pen firmly against outer side of thigh for 10 seconds

Removes epinephrine pen

Rubs injection site for 10 seconds

Finding the problem

Scenario: "You find a coworker lying on the floor in the break room. There are a phone, first aid kit, and AED on the wall. Demonstrate how you would find the problem."

Verbalizes that the scene is safe *

Taps and shouts

Instructor says: "The patient is unresponsive"

Shouts for help/Phones 9-1-1/Gets first aid kit and AED

Checks breathing

Instructor says: "The patient is breathing normally"

Looks for injury and medical information jewelry

Instructor says: "The person is not injured, and there is no medical information jewelry"

Verbalizes that he or she will stay with the person until EMS arrives

STOP TEST

- Place a in each 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 more information about remediation).

Test Results: Circle PASS or NR to indicate pass or needs remediation

PASS

NR

Instructor Initials: _____ Instructor Number: _____ Date: _____