



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 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: <input type="checkbox"/> Hand placement of lower half of sternum <input type="checkbox"/> 30 compressions in >=15 seconds and <=18seconds <input type="checkbox"/> Complete recoil after each compression	*At least 2 inches	*At least 1/3 the depth of the chest, about 2 inches	*At least 1/3 the depth of the chest, about 1 1/2inches *2 fingers or 2 thumbs in the center of the chest, just below nipple line
	Breaths – Gives 2 breaths with a barrier device: <input type="checkbox"/> Each breath given over 1 second. <input type="checkbox"/> Visible chest rise with each breath <input type="checkbox"/> 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 Prompt of AED)	Powers on AED			
	Correctly attaches pads			
	Clears for analysis			
	Clears to safely deliver a shock			
	Safely delivers a shock			
Cycle 3 of CPR	Ensures compressions are resumed immediately after shock delivery			
	<input type="checkbox"/> Gives 30 high-quality compressions <input type="checkbox"/> 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 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 (After remediation entire skill needs to be Retested) .

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

Instructor Initials: _____ Instructor Number: _____ Date: _____

Student Name: _____

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."

Verbalizes putting on gloves, and places pressure over cut with clean dressing

* Instructor: "The bleeding is not stopping"

Presses harder to ensure the bleeding is stopped

* Instructor: "The bleeding is has stopped"

Applies bandages over the dressing

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

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. You have read the manufacturer's instructions, which state to inject for 3 seconds. Demonstrate what you would do next."

Holds epinephrine pen in fist

Takes off safety cap

Holds leg in place; Presses epinephrine pen firmly against outer side of thigh for 3 seconds

Removes epinephrine pen

Rubs injection site for 10 seconds

STOP TEST

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	Test Results: Circle PASS or NR to indicate pass or needs remediation	PASS	NR
Removing gloves			
	After Remediation:	PASS	FAIL
Stopping Bleeding and Bandaging			
	After Remediation:	PASS	FAIL
Using an Epinephrine Pen			
	After Remediation:	PASS	FAIL
Finding the problem			
	After Remediation:	PASS	FAIL

Instructor Initials: _____ Instructor Number: _____ Date: _____