



Less Stress Instructional Services

Your health and safety training agency....

COURSE TYPE: BLS for Healthcare Providers Initial Renewal Online Skills Check (include online cert)

Location: _____ Date: _____

NAME: _____ PHONE: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

WHY ARE YOU TAKING THIS COURSE (PLEASE LIST ANY RESPONSIBILITIES YOU MAY HAVE WHICH MAY REQUIRE TRAINING) :

Would you like a reminder when your training is about to expire? ___ Yes ___ No E-mail: _____

Written Test:

- | | | | | |
|------------|-------------|-------------|-------------|-------------|
| 1. A B C D | 6. A B C D | 11. A B C D | 16. A B C D | 21. A B C D |
| 2. A B C D | 7. A B C D | 12. A B C D | 17. A B C D | 22. A B C D |
| 3. A B C D | 8. A B C D | 13. A B C D | 18. A B C D | 23. A B C D |
| 4. A B C D | 9. A B C D | 14. A B C D | 19. A B C D | 24. A B C D |
| 5. A B C D | 10. A B C D | 15. A B C D | 20. A B C D | 25. A B C D |

Adult 1-Rescuer and 2-Rescuer CPR / AED Skills Test			
Skill Step	Critical Performance Steps	☑ if done correctly	
1	ASSESSSES: Checks for response and for no breathing or no normal breathing, only gasping (at least 5 seconds but no more than 10 seconds)		
2	ACTIVATES emergency responses system		
3	Checks for PULSE (no more than 10 seconds)		
4	GIVES HIGH-QUALITY CPR:		
	Correct compression HAND PLACEMENT	C1	
	ADEQUATE DEPTH: Delivers compressions at least 2" in depth (at least 23 out of 30)	C2	
	ADEQUATE RATE: At least 100/min (ie, delivers each set of 30 chest compressions in 18 seconds or less)	C3	Time
	ALLOWS COMPLETE CHEST RECOIL (at least 23 out of 30)	C4	
	MINIMIZES INTERRUPTIONS: Gives 2 breaths with pocket mask in less than 10 seconds	C5	
Second Rescuer AED Skills Evaluation and SWITCH			
During this next phase, evaluate the second rescuer's ability to use the AED and both rescuer's abilities to switch roles			
5	DURING FIFTH SET OF COMPRESSIONS: Second rescuer arrives with AED and bag-mask device, turns on AED, and applies pads		
6	First rescuer continues compressions while second rescuer turns on AED		
7	Second rescuer clears victim, allowing AED to analyze – RESCUERS SWITCH		
8	If AED indicates shockable rhythm, second rescuer clears victim again and delivers shock		
First Rescuer Bag-Mask Ventilation			
During this next phase, evaluate the first rescuer's ability to give breaths			
9	Both rescuers RESUME HIGH-QUALITY CPR immediately after shock delivery:	C1	C2
	SECOND RESCUER gives 30 compressions immediately after shock delivery (for 2 cycles)		
	FIRST RESCUER successfully delivers 2 breaths with bag-mask (for 2 cycles)		
AFTER 2 CYCLES, STOP THE EVALUATION			
<ul style="list-style-type: none"> ➤ If the student completes all steps successfully (a ☑ in each box to the right of Critical Performance Criteria), the student passed this scenario. ➤ If the student does not complete all steps successfully(as indicated by a blank box to the right of any of the Critical Performance Criteria), give the form to the student for review as part of the student's remediation. ➤ After reviewing the form, the student will give the form to the instructor who is reevaluating the student. The student will reperform the entire scenario, and the instructor will notate the reevaluation on this same form. ➤ If the reevaluation is to be done at a different time, the instructor should collect this sheet before the student leaves the classroom. 			
Instructor Name: _____		REMEDIATION: Instructor Name: _____	
Instructor Signature: _____		Instructor Signature: _____	
Date: _____		Date: _____	

Infant 1-Rescuer and 2-Rescuer CPR Skills Test			
Skill Step	Critical Performance Steps	☑ if done correctly	
1	ASSESSSES: Checks for response and for no breathing or no normal breathing, only gasping (at least 5 seconds but no more than 10 seconds)		
2	ACTIVATES emergency responses system		
3	Checks for PULSE (no more than 10 seconds)		
4	GIVES HIGH-QUALITY CPR:		
	Correct compression FINGER PLACEMENT	C1	
	ADEQUATE DEPTH: Delivers compressions at least 1.5" in depth (at least 23 out of 30)	C2	
	ADEQUATE RATE: At least 100/min (ie, delivers each set of 30 chest compressions in 18 seconds or less)	C3	Time
	ALLOWS COMPLETE CHEST RECOIL (at least 23 out of 30)	C4	
	MINIMIZES INTERRUPTIONS: Gives 2 breaths with pocket mask in less than 10 seconds	C5	
Second Rescuer Skills Evaluation and SWITCH			
During this next phase, evaluate the FIRST RESCUER's ability to give breaths with a bag-mask and give compressions by 2 thumb-encircling hands technique. Also evaluate both rescuer's ability to switch roles.			
5	DURING FIFTH SET OF COMPRESSIONS: Second rescuer arrives with bag-mask device. SWITCH ROLES.		
6	Both rescuers RESUME HIGH-QUALITY CPR:	C1	C2
	SECOND RESCUER gives 15 compressions in 9 seconds or less using 2 thumb-encircling hands technique (for 2 cycles)		
	FIRST RESCUER successfully delivers 2 breaths with bag-mask (for 2 cycles)		
AFTER 2 CYCLES, PROMPT RESCUERS TO SWITCH ROLES			
7	Both rescuers RESUME HIGH-QUALITY CPR:	C1	C2
	FIRST RESCUER gives 15 compressions in 9 seconds or less by using 2 thumb-encircling hands technique (for 2 cycles)		
	SECOND RESCUER successfully delivers 2 breaths with bag-mask (for 2 cycles)		
AFTER 2 CYCLES, STOP THE EVALUATION			
<ul style="list-style-type: none"> ➤ If the student completes all steps successfully (a ☑ in each box to the right of Critical Performance Criteria), the student passed this scenario. ➤ If the student does not complete all steps successfully(as indicated by a blank box to the right of any of the Critical Performance Criteria), give the form to the student for review as part of the student's remediation. ➤ After reviewing the form, the student will give the form to the instructor who is reevaluating the student. The student will reperform the entire scenario, and the instructor will notate the reevaluation on this same form. ➤ If the reevaluation is to be done at a different time, the instructor should collect this sheet before the student leaves the classroom. 			
Instructor Name: _____		REMEDIATION: Instructor Name: _____	
Instructor Signature: _____		Instructor Signature: _____	
Date: _____		Date: _____	

