

# BLS for Healthcare Providers CPR Critical Skills Testing Checklist



Name: \_\_\_\_\_ Date of Test: \_\_\_\_\_

Test Summary					
PASS = Steps all checked (done correctly) NR = Needs remediation Indicate PASS or NR:					
1R CPR		2R CPR + AED		Infant 1R + 2R CPR	
PASS	NR	PASS	NR	PASS	NR

Instructor's signature affirms that skills tests were done according to AHA guidelines.

Instructor's Signature: \_\_\_\_\_

Print Instructor's Name: \_\_\_\_\_

Date: \_\_\_\_\_

Adult/Child 1-Rescuer CPR Skills Test		
Skill Step	Critical Performance Steps	<input checked="" type="checkbox"/> if done correctly
1	Checks for response	
2	Activates emergency response system/calls for AED	
3	Opens airway using head tilt–chin lift	
4	Checks breathing <i>Minimum 5 seconds; maximum 10 seconds</i>	
5	Gives 2 breaths (1 second each)	
6	Checks carotid pulse <i>Minimum 5 seconds; maximum 10 seconds</i>	
7	Locates CPR hand position	
8	Delivers first cycle of compressions at correct rate <i>Acceptable &lt;23 seconds for 30 compressions</i>	
9	Gives 2 breaths (1 second each)	
10	Delivers second cycle of compressions at correct hand position <i>Acceptable &gt;23 compressions</i>	
11	Gives 2 breaths (1 second each)	
<i>The next step is done only with a manikin with a feedback device, such as a clicker or light. If no feedback manikin, STOP THE TEST.</i>		
12	Delivers third cycle of compressions of adequate depth with full chest recoil <i>Acceptable &gt;23 compressions</i>	
		<b>STOP THE TEST</b>
		PASS      NR

Adult 2-Rescuer CPR + AED Skills Test		
Skill Step	Critical Performance Steps	<input checked="" type="checkbox"/> if done correctly
<i>Rescuer arrives with AED while CPR is in progress.</i>		
1	Turns AED on	
2	Selects proper AED pads and places pads correctly	
3	Clears victim to analyze (must be visible and verbal check)	
4	Clears victim to shock/presses shock button (must be visible and verbal check) <i>Maximum time from AED arrival &lt;90 seconds</i>	
5	Resumes chest compressions after 1 shock	
<i>Student being tested continues chest compressions; other student does breathing with bag mask. Test only student doing compressions.</i>		
6	Delivers cycle of compressions at correct rate <i>Acceptable &lt;23 seconds for 30 compressions</i>	
7	Pauses to allow other rescuer to give 2 breaths	
8	Delivers cycle of compressions using correct hand position	
9	Pauses to allow other rescuer to give 2 breaths	
<i>Switches places with little interruption. Student being tested takes over breathing using bag mask. Students perform 2 more cycles of CPR. Test only student giving breaths.</i>		
10	Gives 2 breaths during pauses in compressions using bag mask (2 cycles)	
<b>STOP THE TEST</b>		
PASS		NR

Infant 1- and 2-Rescuer CPR Skills Test		
Skill Step	Critical Performance Steps	<input checked="" type="checkbox"/> if done correctly
1	Checks for response	
2	Activates emergency response system	
3	Opens airway using head tilt–chin lift	
4	Checks breathing <i>Minimum 5 seconds; maximum 10 seconds</i>	
5	Gives 2 breaths (1 second each) with visible chest rise	
6	Checks brachial pulse <i>Minimum 5 seconds; maximum 10 seconds</i>	
7	Locates CPR finger position	
8	Delivers first cycle of compressions at correct rate <i>Acceptable &lt;23 seconds for 30 compressions</i>	
9	Gives 2 breaths (1 second each) with visible chest rise	
<i>Second rescuer arrives and takes over breathing with bag mask. Test only first rescuer.</i>		
10	1 <sup>st</sup> rescuer delivers cycle of compressions at correct finger position <i>Acceptable &gt;11 of 15 compressions</i>	
11	1 <sup>st</sup> rescuer pauses to allow 2 <sup>nd</sup> rescuer to give 2 breaths	
12	1 <sup>st</sup> rescuer delivers cycle of compressions <i>Measure depth only if using instrumented manikin; otherwise observe that compressions are given.</i>	
13	1 <sup>st</sup> rescuer pauses to allow 2 <sup>nd</sup> rescuer to give 2 breaths	
<i>Rescuers switch places with little interruption. 1<sup>st</sup> rescuer takes over breathing using bag mask. Students perform 2 more cycles of CPR. Test only 1<sup>st</sup> rescuer.</i>		
14	1 <sup>st</sup> rescuer gives 2 breaths during pauses in compressions using bag mask (2 cycles)	
<b>STOP THE TEST</b>		
PASS		NR

**RECORD ALL TEST RESULTS ON SIDE ONE.**