

Heartsaver®
Adult CPR and AED
Skills Testing Checklist



Student Name _____ Date of Test _____

Workplace Scenario: "You find a coworker lying on the floor in the break room. Demonstrate what you would do next."

School Scenario: "You find a visitor lying on the floor in the office. Demonstrate what you would do next."

Community Scenario: "You find a person lying on the ground in a public space. Demonstrate what you would do next."

Assessment and Activation

- Assesses scene safety Verbalizes the scene is safe Taps and shouts to check responsiveness*
- Shouts for help Sends someone to call the local emergency response number and get an AED†
- Checks breathing‡

*After the student taps and shouts, the instructor says, "The person is unresponsive."

†Once the student sends someone to call the local emergency response number, the instructor says, "I am going to call the local emergency response number and get the AED."

Cycle 1 of CPR (30:2)

Adult Compressions

- Performs compressions*:
 - Hand placement on lower half of breastbone
 - 30 compressions in no less than 15 and no more than 18 seconds (_____ seconds)
 - Compresses at least 5 cm
 - Complete recoil after each compression

Adult Breaths

- Gives 2 breaths with a barrier device:
 - Each breath given over 1 second
 - Visible chest rise with each breath
 - Returns to compressions in less than 10 seconds

*CPR feedback devices are required for accuracy.

Cycle 2 of CPR (repeats steps in Cycle 1) Only check box if step is successfully performed

- Gives 30 compressions (_____ seconds) Gives 2 effective breaths

Instructor says, "Here is the AED."

AED (follows prompts of AED)

- Powers on AED Correctly attaches pads Clears for analysis Clears to safely deliver a shock
- Presses button to deliver shock Resumes chest compressions immediately

AED trainer says, "The shock has been delivered."

Cycle 3 of CPR (repeats steps in Cycle 1) Only check box if step is successfully performed

- Gives 30 compressions (_____ seconds) Gives 2 effective breaths

STOP TEST

Instructor Notes

- 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).

Test Results Check **PASS** or **NR** to indicate pass or needs remediation:

PASS **NR**

Instructor Initials _____ Instructor Number _____ Date _____