

# BLS Skill and Exam Sheet

## WRITTEN TEST

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_ Pass Skills: Y NR Written: \_\_\_\_\_

### ADULT CPR and AED

Satisfactory

Assessment and Activation: Check responsiveness, Shouts for help OR activates emergency response system	
<i>Once student shouts for help Instructor says: 'Here's the barrier device. I am going to get the AED.'</i>	-----
Sends for an AED, Checks for breathing, Checks for a pulse	
Cycle 1 of CPR (30:2) High-quality compressions – Hands lower half of sternum, 30 compressions in 15-18 sec.	
Compress at least 2 inches (5cm), Complete recoil after each compression	
2 breaths w/barrier device – Each breath over 1 sec, Visible chest rise, Resume compressions in < 10 sec.	
Cycle 2 of CPR (repeat steps in Cycle 1) – Adequate compressions, Breaths, Resume compressions in < 10 sec.	
<i>Rescuer 2 arrives and says; 'Here is the AED. I'll take over compressions and you use the AED'</i>	-----
AED (follow prompts of AED) – Powers on AED, Correctly attaches pads, Clears for analysis	
Clears to safely deliver a shock, Safely delivers a shock, Compressions resumed immediately after shock	

### INFANT CPR

Satisfactory

Assessment and Activation: Check responsiveness, Shouts for help OR activates emergency response system	
<i>Once student shouts for help Instructor says: 'Here's the barrier device.'</i>	-----
Checks for breathing, Checks for a pulse	
Cycle 1 of CPR (30:2) High-quality compressions – 2 fingers in the center of chest just below nipple line	
30 compressions in 15-18 seconds, At least 1/3 depth of chest about 1 ½ inches (4 cm)	
Complete recoil after each compression	
2 breaths w/barrier device – Each breath over 1 sec, Visible chest rise, Resume compressions in < 10 sec.	
Cycle 2 of CPR (repeat steps in Cycle 1) – Adequate compressions, breaths, resume compressions in < 10 sec.	
<i>Rescuer 2 arrives w/BVM and ventilates as Rescuer 1 continues compressions (2 thumb-encircling hands)</i>	-----
Cycle 3 of CPR (15:2) High-quality compressions – 2 thumb-encircling hands, 15 compressions in 7-9 seconds	
Compress at least 1/3 depth of chest about 1 ½ inches (4 cm), Complete recoil after each compression	
<i>Rescuer 1 and Rescuer 2 switch roles</i>	-----
Cycle 4 of CPR (15:2)	
Gives 2 breaths w/BVM, Each over 1 second, Visible chest rise, Resume compressions in < 10 sec.	

<b>Instructor Signature</b> <b>and Date:</b>
---

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