

Heartsaver CPR AED Skill Sheet

NAME: _____ DATE: _____ Pass Skills: Y NR

ADULT CPR and AED

Satisfactory

Assessment and Activation: Check responsiveness, Shouts for help OR sends someone to phone 911 and get the AED, Checks breathing	
<i>If student shouts for help Inst says: 'Here's the barrier device. I am going to phone 911 and get the AED.'</i>	-----
Cycle 1 of CPR (30:2) High-quality compressions – Hands lower half of breastbone, 30 comp 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, Gives breath in less than 10 sec.	
Cycle 2 of CPR (repeat steps in Cycle 1) – 30 high-quality compressions, 2 effective breaths	
<i>Rescuer 2 arrives and says; 'Here is the AED.'</i>	-----
AED (follow prompts of AED) – Powers on AED, Correctly attaches pads, Clears for analysis	
Clears to safely deliver a shock, Presses button to deliver a shock, immediately resumes compressions	
<i>AED Trainer says, 'Shock has been delivered.'</i>	-----
Cycle 3 of CPR (repeat steps in Cycle 1) – 30 high-quality compressions, 2 effective breaths	

CHILD CPR

Satisfactory

Assessment and Activation: Check responsiveness, Shouts for help OR sends someone to phone 911 on cell phone, Checks breathing	
Cycle 1 of CPR (30:2) High-quality compressions – Hands lower half of breastbone, 30 comp in 15-18 sec.	
Compress at least 1/3 depth of chest about 2 inches (5cm), Complete recoil after each compression	
2 breaths w/barrier device – Each breath over 1 sec, Visible chest rise, Gives breath in < 10 seconds	
Cycle 2 of CPR (repeat steps in Cycle 1) – 30 high-quality compressions, 2 effective breaths	
Cycle 3 of CPR (repeat steps in Cycle 1) – 30 high-quality compressions, 2 effective breaths	
<i>Instructor says, 'EMS has arrived and is taking over.'</i>	-----

INFANT CPR

Satisfactory

Assessment and Activation: Check responsiveness, Shouts for help, Checks breathing	
<i>Once student shouts for help Instructor says: 'No one is around to help.'</i>	-----
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, Compress 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, Gives 2 breaths in < 10 sec.	
Cycle 2 of CPR (repeat steps in Cycle 1) – 30 high-quality compressions, Gives 2 effective breaths	
Cycle 3 of CPR (repeat steps in Cycle 1) – 30 high-quality compressions, Gives 2 effective breaths	
<i>Instructor says: 'You have just completed 5 sets of 30 compressions and 2 breaths.'</i>	-----
Activates Emergency Response System – Verbalizes the need to leave to phone 911	

Instructor Signature

And Date :