Heartsaver®
Adult CPR and AED
Skills Testing Checklist

Student Name _____ Date of Test _____

Scenario: "You arrive at the scene for a suspected cardiac arrest. No bystander CPR has been provided. You approach the scene and ensure that it is safe. Demonstrate what you would do next."

Assessment and Activation
☐ Checks responsiveness ☐ Shouts for help/Sends someone to phone 9-1-1 and get an AED
☐ Checks breathing

Once student shouts for help, instructor says, "Here's the barrier device. I am going to phone 9-1-1 and get the AED."

Cycle 1 of CPR (30:2)

Adult Compressions
☐ Performs high-quality compressions*:
  • Hand placement on lower half of breastbone
  • 30 compressions in no less than 15 and no more than 18 seconds
  • Compresses at least 2 inches (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
  • Gives 2 breaths in less than 10 seconds

*CPR feedback devices preferred for accuracy.

Cycle 2 of CPR (repeats steps in Cycle 1) *Only check box if step is successfully performed*
☐ Gives 30 high-quality compressions ☐ 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 ☐ Student immediately resumes compressions

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 high-quality compressions ☐ 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 _____

Heartsaver®
Adult CPR and AED Skills Testing
Critical Skills Descriptors

1. **Assesses the person and activates emergency response system (this must precede starting compressions) within a maximum of 30 seconds. After determining that the scene is safe:**
   - Checks for responsiveness by tapping and shouting
   - Shouts for help/directs someone to use a cell phone to phone 9-1-1 or leave to find a phone and get AED
   - Checks for no breathing or no normal breathing (only gasping)
     – Scans from the head to the chest for a minimum of 5 seconds and no more than 10 seconds

2. **Cycle 1: Performs high-quality chest compressions (initiates compressions immediately after recognition of cardiac arrest)**
   - Correct hand placement
     – Lower half of the breastbone
     – 2-handed (second hand on top of the first)
   - Compression rate of 100 to 120/min
     – Delivers 30 compressions in 15 to 18 seconds
   - Compression depth and recoil—at least 2 inches (5 cm)
     – Use of a commercial feedback device/manikin is highly recommended
     – Complete chest recoil after each compression

3. **Cycle 1: Provides 2 breaths by using a barrier device**
   - Opens airway adequately
     – Uses a head tilt–chin lift maneuver
   - Delivers each breath over 1 second
   - Delivers breaths that produce visible chest rise
   - Avoids excessive ventilation
   - Resumes chest compressions in less than 10 seconds

4. **Cycle 2: Performs same steps for compressions and breaths as in Cycle 1**

5. **AED use**
   - Powers on AED
     – Turns AED on by pushing button or lifting lid as soon as it arrives
   - Correctly attaches pads
     – Places proper-sized pads for person's age in correct location
   - Clears for analysis
     – Clears rescuers from person for AED to analyze rhythm (pushes analyze button if required by device)
     – Verbalizes and visually demonstrates to stay clear of the person
   - Clears to safely deliver shock
     – Verbalizes and visually demonstrates to stay clear of the person
   - Presses button to deliver a shock
     – Resumes chest compressions immediately after shock delivery
     – Does not turn off AED during CPR

6. **Cycle 3: Performs same steps for compressions and breaths as in Cycle 1**