

HeartSaver

Adult CPR and AED Skills Testing Critical Skills Descriptors

1. Assesses victim 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 phone 9-1-1 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. 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. 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. 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 victim's age in correct location
 - Clears for analysis
 - Clears rescuers from victim 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

Child CPR Skills Testing Critical Skills Descriptors

1. Assesses victim 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 and phones 9-1-1
- 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. Performs high-quality chest compressions (initiates compressions immediately after recognition of cardiac arrest)

- Correct hand placement
 - Lower half of breastbone
 - 1- or 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—compress at least one third the depth of the chest, about 2 inches (5 cm)
 - Use of a commercial feedback device/manikin is highly recommended
 - Complete chest recoil after each compression

3. 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

Infant CPR Skills Testing Critical Skills Descriptors

1. Assesses infant 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
- 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. Performs high-quality chest compressions (initiates compressions immediately after recognition of cardiac arrest)

- Correct placement of fingers in center of chest
 - 2 fingers just below the nipple line
- Compression rate of 100 to 120/min
 - Delivers 30 compressions in 15 to 18 seconds
- Compression depth and recoil—compress at least one third the depth of the chest, about 1½ inches (4 cm)
 - Use of a commercial feedback device/manikin is highly recommended
 - Complete chest recoil after each compression

3. 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