

# Basic Life Support

## Adult Continuous Compressions Skills Testing Checklist



Student Name \_\_\_\_\_ Date of Test \_\_\_\_\_

Hospital Scenario: "You are working in a hospital or clinic, and you see a person who has suddenly collapsed in the hallway. You check that the scene is safe and then approach the patient. Demonstrate what you would do next."

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

### Assessment and Activation

- Checks responsiveness
- Checks breathing
- Shouts for help/Activates emergency response system/Sends for AED
- Checks pulse

Once student shouts for help, instructor says, "Someone is getting the AED, I will provide 1 breath every 6 seconds with a bag-mask device."

### Compressions *Audio/visual feedback device required for accuracy*

- Hand placement on lower half of sternum
- Perform continuous compressions for 2 minutes (100-120/min)
- Compresses at least 2 inches (5 cm)
- Complete chest recoil.

Rescuer 2 says, "Here is the AED. I'll take over compressions while you use the AED and take over breaths."

### AED (follows prompts of AED)

- Powers on AED
- Safely delivers a shock
- Correctly attaches pads
- Shocks within 45 seconds of AED arrival\*
- Clears for analysis
- Clears to safely deliver a shock

Rescuer 1 immediately switches with Rescuer 2 to begin ventilation.

### Resumes Compressions

- Rescuer 1 ensures that compressions are resumed immediately after shock delivery
  - Student directs instructor to resume compressions *or*
  - Second student resumes compressions

### Ventilation

- Delivers 1 breath every 6 seconds during Rescuer 2's continuous compressions
  - You can stop the skills test after 1 minute if you determine that Rescuer 1 was able to provide effective ventilation every 6 seconds.

\*If your local protocol exceeds these requirements, you may test to your local protocol and use this as minimum guidance.

## 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 \_\_\_\_\_