

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 _____