BLS for Healthcare Providers Course

1- and 2-Rescuer Adult BLS With AED Skills Testing Sheet

See 1- and 2-Rescuer Adult BLS With AED Skills Testing Criteria and Descriptors on next page

Student Name: _____ Test Date: _____

CPR Skills (circle one):	**Pass**	**Needs Remediation**
AED Skills (circle one):	**Pass**	**Needs Remediation**

Skill Step	Critical Performance Criteria	✓ if done correctly	
1-Rescuer Adult BLS Skills Evaluation During this first phase, evaluate the first rescuer's ability to initiate BLS and deliver high-quality CPR for 5 cycles.			
1	ASSESSES: Checks for response and for no breathing or no normal breathing, only gasping (at least 5 seconds but no more than 10 seconds)		
2	ACTIVATES emergency response system		
3	Checks for PULSE (no more than 10 seconds)		
4	GIVES HIGH-QUALITY CPR:		
	• Correct compression HAND PLACEMENT	*Cycle 1:*	
	• ADEQUATE RATE: At least 100/min (ie, delivers each set of 30 chest compressions in 18 seconds or less)	*Cycle 2:*	*Time:*
	• ADEQUATE DEPTH: Delivers compressions at least 2 inches in depth (at least 23 out of 30)	*Cycle 3:*	
	• ALLOWS COMPLETE CHEST RECOIL (at least 23 out of 30)	*Cycle 4:*	
	• MINIMIZES INTERRUPTIONS: Gives 2 breaths with pocket mask in less than 10 seconds	*Cycle 5:*	
Second Rescuer AED Skills Evaluation and SWITCH During this next phase, evaluate the second rescuer's ability to use the AED and both rescuers' abilities to switch roles.			
5	DURING FIFTH SET OF COMPRESSIONS: Second rescuer arrives with AED and bag-mask device, turns on AED, and applies pads		
6	First rescuer continues compressions while second rescuer turns on AED and applies pads		
7	Second rescuer clears victim, allowing AED to analyze—RESCUERS SWITCH		
8	If AED indicates a shockable rhythm, second rescuer clears victim again and delivers shock		
First Rescuer Bag-Mask Ventilation During this next phase, evaluate the first rescuer's ability to give breaths with a bag-mask.			
9	Both rescuers RESUME HIGH-QUALITY CPR immediately after shock delivery:	*Cycle 1*	*Cycle 2*
	• SECOND RESCUER gives 30 compressions immediately after shock delivery (for 2 cycles)		
	• FIRST RESCUER successfully delivers 2 breaths with bag-mask (for 2 cycles)		

AFTER 2 CYCLES, STOP THE EVALUATION

- If the student completes all steps successfully (a ✓ in each box to the right of Critical Performance Criteria), the student passed this scenario.
- If the student does not complete all steps successfully (as indicated by a blank box to the right of any of the Critical Performance Criteria), give the form to the student for review as part of the student's remediation.
- After reviewing the form, the student will give the form to the instructor who is reevaluating the student. The student will reperform the entire scenario, and the instructor will notate the reevaluation on this same form.
- If the reevaluation is to be done at a different time, the instructor should collect this sheet before the student leaves the classroom.

	Remediation (if needed):
Instructor Signature: _____	Instructor Signature: _____
Print Instructor Name: _____	Print Instructor Name: _____
Date: _____	Date: _____

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1- and 2-Rescuer Adult BLS With AED Skills Testing Criteria and Descriptors

1. **Assesses victim (Steps 1 and 2, assessment and activation, must be completed within 10 seconds of arrival at scene):**
   - Checks for unresponsiveness (this MUST precede starting compressions)
   - Checks for no breathing or no normal breathing (only gasping)
2. **Activates emergency response system (Steps 1 and 2, assessment and activation, must be completed within 10 seconds of arrival at scene):**
   - Shouts for help/directs someone to call for help AND get AED/defibrillator
3. **Checks for pulse:**
   - Checks carotid pulse
   - This should take no more than 10 seconds
4. **Delivers high-quality CPR (initiates compressions within 10 seconds of identifying cardiac arrest):**
   - Correct placement of hands/fingers in center of chest
     - Adult: Lower half of breastbone
     - Adult: 2-handed (second hand on top of the first or grasping the wrist of the first hand)
   - Compression rate of at least 100/min
     - Delivers 30 compressions in 18 seconds or less
   - Adequate depth for age
   - Adult: at least 2 inches (5 cm)
   - Complete chest recoil after each compression
   - Minimizes interruptions in compressions:
     - Less than 10 seconds between last compression of one cycle and first compression of next cycle
     - Compressions not interrupted until AED analyzing rhythm
     - Compressions resumed immediately after shock/no shock indicated

5-8. **Integrates prompt and proper use of AED with CPR:**
   - Turns AED on
   - Places proper-sized pads for victim's age in correct location
   - Clears rescuers from victim for AED to analyze rhythm (pushes ANALYZE button if required by device)
   - Clears victim and delivers shock
   - Resumes chest compressions immediately after shock delivery
   - Does NOT turn off AED during CPR
   - Provides safe environment for rescuers during AED shock delivery:
     - Communicates clearly to all other rescuers to stop touching victim
     - Delivers shock to victim after all rescuers are clear of victim
   - Switches during analysis phase of AED

9. **Provides effective breaths:**
   - Opens airway adequately
   - Delivers each breath over 1 second
   - Delivers breaths that produce visible chest rise
   - Avoids excessive ventilation