

# BLS for Healthcare Providers Adult/Child 1-Rescuer CPR Student Practice Check Sheet for Remediation

Step	Critical Performance Steps	Details
1	____ Check for response	Tap the victim. Ask if the person is “all right” or “OK,” speaking loudly and clearly.
2	____ Activate emergency response/tell someone to get AED	Direct someone to perform BOTH actions.
3	____ Open airway using head tilt–chin lift	Place palm of one hand on forehead. Place fingers of other hand under the lower jaw to lift the chin. Mouth is not completely closed. Obvious movement of the head back toward the hand on the forehead.
4	____ Check breathing	Place face near the victim’s nose and mouth. Look at chest. Continue for at least 5 seconds but no more than 10 seconds.
5	____ Give 2 breaths (1 second each)	Use pocket mask; seal mouth around tube of pocket mask and exhale into mask. Your exhaled breaths should take approximately 1 second each. Look for chest rise. If no chest rise, reposition the airway and try again. Take no more than 10 seconds to accomplish 2 breaths.
6	____ Check carotid pulse	Place 2 or 3 fingers of other hand on Adam’s apple (windpipe) and slip fingers into the groove between Adam’s apple and muscles on the side of the neck. Check pulse for at least 5 seconds but no more than 10 seconds.
7	____ Locate CPR hand position	Place heel of one hand in the center of chest, between the nipples. Place the other hand on top of the first hand (or use second hand to grasp wrist of first hand). Extend or interlace fingers but keep them off the chest.
8	____ Deliver first cycle of 30 compressions at the correct rate	Kneel alongside victim and place hands in proper place on sternum. Give 30 compressions in less than 23 seconds. Push hard; push fast; allow chest to return to normal between compressions.
9	____ Give 2 breaths (1 second each)	Use pocket mask; seal mouth around tube of pocket mask and exhale into mask. Your exhaled breaths should take approximately 1 second each. Look for chest rise. If no chest rise, reposition the airway and try again. Take no more than 10 seconds to accomplish 2 breaths.
10	____ Deliver cycle of compressions using correct hand position	Push hard, push fast; allow chest to return to normal between compressions. Must have your hands in the correct position more than 23 times.
11	____ Give 2 breaths (1 second each)	Use pocket mask; seal mouth around tube of pocket mask and exhale into mask. Your exhaled breaths should take approximately 1 second each. Look for chest rise. If no chest rise, reposition the airway and try again. Take no more than 10 seconds to accomplish 2 breaths.
12	____ Deliver third cycle of compressions of adequate depth with full chest return	Push hard, push fast; allow chest to return to normal between compressions. You must do at least 23 of 30 compressions correctly: adequate depth and allowing the chest to return to normal between compressions.

# BLS for Healthcare Providers

## Adult 2-Rescuer CPR With AED

### Student Practice Check Sheet for Remediation

Step	Critical Performance Steps	Details
Someone is doing CPR and you arrive with an AED.		
1	_____ <b>Turn AED on</b>	Stop CPR and press button to turn AED on (or make sure that AED case is open if your AED has an automatic ON feature).
2	_____ <b>Select proper pads and place pads correctly</b>	Recognize the difference between adult pads and child pads, select the proper pad size for the manikin, and apply the pads to the chest exactly as prescribed by the pad diagrams or AED instructions.
3	_____ <b>Clear victim to analyze</b>	Show a visible sign of clearing the victim along with a verbal indication of clearing the victim such as “I’m clear, you’re clear, everybody’s clear” or simply “Clear” or similar statement with an obvious gesture to ensure that all are clear.
4	_____ <b>Clear victim to shock/press shock button</b>	Show a visible sign of clearing the victim along with a verbal indication of clearing the victim such as “I’m clear, you’re clear, everybody’s clear” or simply “Clear” or similar statement with an obvious gesture to ensure that all are clear.  Press shock button when prompted and after clearing. Time from arrival of AED to first shock must be less than 90 seconds.
5	_____ <b>Resume chest compressions after 1 shock</b>	Follow AED/instructor prompts to resume CPR by getting into proper position, placing hands in proper place on the chest, and beginning chest compressions.
<i>Second rescuer will help perform CPR, taking over breathing and using a bag mask.</i>		
6	_____ <b>Deliver cycle of 30 compressions at the correct rate</b>	Kneel alongside victim and place hands in proper place on sternum. Give 30 compressions in less than 23 seconds. Push hard, push fast; allow chest to return to normal between compressions.
7	_____ <b>Pause to allow other rescuer to give 2 breaths</b>	Pause compressions to allow 2 <sup>nd</sup> rescuer to give 2 breaths with bag mask.
8	_____ <b>Deliver cycle of compressions using correct hand position</b>	Push hard; push fast; allow chest to return to normal between compressions. Must have your hands in the correct position more than 23 times.
9	_____ <b>Pause to allow other rescuer to give 2 breaths</b>	Pause compressions to allow 2 <sup>nd</sup> rescuer to give 2 breaths with bag mask.
<i>Switch places with little interruption. You take over breathing using bag mask. Perform 2 more cycles of CPR.</i>		
10	_____ <b>Give 2 breaths during pauses in compressions using bag mask (2 cycles)</b>	Use bag mask, seal mouth properly, and squeeze bag. There should be clearly visible chest rise with each of 2 breaths. Breaths should take approximately 1 second each. You may make multiple attempts to reposition head or improve seal.  Repeat 2 breaths for 2 cycles with 2 <sup>nd</sup> rescuer doing chest compressions.

# BLS for Healthcare Providers

## Infant 1- and 2-Rescuer CPR

### Student Practice Check Sheet for Remediation

Step	Critical Performance Steps	Details
1	_____ Check for response	Tap infant and shout loudly.
2	_____ Activate emergency response system	Tell bystander to activate appropriate emergency response.
3	_____ Open airway using head tilt–chin lift	Push back on forehead, place fingers on the bony part of the victim’s chin, and lift the victim’s chin. Do not press the soft tissues of the neck or under the chin. Lift the jaw upward by bringing the chin forward. Do NOT hyperextend the neck.
4	_____ Check breathing	Place face near the victim’s nose and mouth. Look at chest. Continue for at least 5 seconds but no more than 10 seconds.
5	_____ Give 2 breaths (1 second each) with visible chest rise	Use pocket mask; seal mouth around tube of pocket mask and exhale into mask. Your exhaled breaths should take approximately 1 second each. Clearly visible chest rise occurs twice. Take no more than 10 seconds to accomplish 2 breaths.
6	_____ Check brachial pulse	Locate the brachial pulse in the manikin’s upper arm closer to you, using the fingers to feel the pulse between the biceps muscle and the humerus. Feel pulse with gentle touch for at least 5 seconds but no more than 10 seconds.
7	_____ Locate CPR finger position	Place 2 fingers on the sternum just below the nipple line.
8	_____ Deliver first cycle of 30 compressions at the correct rate	Give 30 compressions in less than 23 seconds. Push hard, push fast; allow chest to return to normal between compressions.
9	_____ Give 2 breaths (1 second each) with visible chest rise	Use pocket mask; seal mouth around tube of pocket mask and exhale into mask. Your exhaled breaths should take approximately 1 second each. Clearly visible chest rise occurs twice. Take no more than 10 seconds to accomplish 2 breaths.
<i>Second rescuer will help perform CPR, taking over breathing and using a bag mask.</i>		
10	_____ Deliver second cycle of compressions using 2-thumb–encircling hands technique	Compress chest with 2-thumb–encircling hands technique over lower ½ of sternum.
11	_____ Pause to allow 2 <sup>nd</sup> rescuer to give 2 breaths	Pause compressions to allow 2 <sup>nd</sup> rescuer to give 2 breaths with bag mask.
12	_____ Deliver third cycle of compressions of adequate depth with full chest recoil	Push hard, push fast; allow full chest recoil between compressions. Do 15 compressions.
13	_____ Pause to allow 2 <sup>nd</sup> rescuer to give 2 breaths	Pause compressions to allow 2 <sup>nd</sup> rescuer to give 2 breaths with bag mask.
<i>Switch places with little interruption. You take over breathing using bag mask. Two more CPR cycles are performed.</i>		
14	_____ Give 2 breaths during pauses in compressions using bag mask (2 cycles)	Use bag mask, seal mouth properly, and squeeze bag. There should be clearly visible chest rise with each of 2 breaths. Breaths should take approximately 1 second each. You may make multiple attempts to reposition head or improve seal. (Sounds of leakage can be present as long as there is visible chest rise.) Repeat 2 breaths for 2 cycles with 2 <sup>nd</sup> rescuer doing chest compressions.