

# BLS Skills Testing

## 1- and 2-Rescuer Child BLS With AED Skills Testing Sheet



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

Student Name: \_\_\_\_\_ Test Date: \_\_\_\_\_

|  |   |             |                          |
|--|---|-------------|--------------------------|
|  | <b>1-Rescuer BLS and CPR Skills (circle one):</b> | <b>Pass</b> | <b>Needs Remediation</b> |
|  | <b>2-Rescuer CPR Skills</b>                       |             |                          |
|  | <b>Bag-Mask (circle one):</b>                     | <b>Pass</b> | <b>Needs Remediation</b> |
|  | <b>AED Skills (circle one):</b>                   | <b>Pass</b> | <b>Needs Remediation</b> |

  

| Skill Step  | Critical Performance Criteria   | ✓ if done correctly   |         |
|---|---|---|---------|
| <b>1-Rescuer Child BLS Skills Evaluation</b>  |   |   |         |
| During this first phase, evaluate the first rescuer's ability to initiate BLS and deliver high-quality CPR for 5 cycles.  |   |   |         |
| <b>1</b>  | ASSESSSES: Checks for response and for no breathing or only gasping (at least 5 seconds but no more than 10 seconds)                      |   |         |
| <b>2</b>  | Sends someone to ACTIVATE emergency response system   |   |         |
| <b>3</b>  | Checks for PULSE (no more than 10 seconds)  |   |         |
| <b>4</b>  | 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), using 1 or 2 hands              | Cycle 2:  | Time:   |
|   | • ADEQUATE DEPTH: Delivers compressions at least one third the depth of the chest (approximately 2 inches [5 cm]) (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:  |         |
| <b>Second Rescuer AED Skills Evaluation and SWITCH</b>  |   |   |         |
| During this next phase, evaluate the second rescuer's ability to use the AED and both rescuers' abilities to switch roles.  |   |   |         |
| <b>5</b>  | DURING FIFTH SET OF COMPRESSIONS: Second rescuer arrives with AED and bag-mask device, turns on AED, and applies pads                     |   |         |
| <b>6</b>  | First rescuer continues compressions while second rescuer turns on AED and applies pads   |   |         |
| <b>7</b>  | Second rescuer clears victim, allowing AED to analyze—RESCUERS SWITCH   |   |         |
| <b>8</b>  | If AED indicates a shockable rhythm, second rescuer clears victim again and delivers shock  |   |         |
| <b>First Rescuer Bag-Mask Ventilation</b>   |   |   |         |
| During this next phase, evaluate the first rescuer's ability to give breaths with a bag-mask device.  |   |   |         |
| <b>9</b>  | Both rescuers RESUME HIGH-QUALITY CPR immediately after shock delivery:   | Cycle 1   | Cycle 2 |
|   | • SECOND RESCUER gives 15 compressions (in 9 seconds or less) immediately after shock delivery (for 2 cycles)                             | Time:   |         |
|   | • FIRST RESCUER successfully delivers 2 breaths with bag-mask device (for 2 cycles)   |   |         |
| <b>AFTER 2 CYCLES, STOP THE EVALUATION</b>  |   |   |         |
| <ul style="list-style-type: none"> <li>If the student completes all steps successfully (a ✓ in each box to the right of Critical Performance Criteria), the student passed this scenario.</li> <li>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.</li> <li>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.</li> <li>If the reevaluation is to be done at a different time, the instructor should collect this sheet before the student leaves the classroom.</li> </ul> |   |   |         |
| Instructor Signature: _____<br>Print Instructor Name: _____<br>Date: _____  |   | <b>Remediation (if needed):</b><br>Instructor Signature: _____<br>Print Instructor Name: _____<br>Date: _____ |         |

## BLS Skills Testing

## 1- and 2-Rescuer Child 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 only gasping
2. **Sends someone to activate 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 or femoral 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 hand(s) in center of chest
    - Child: 1 or 2 hands on lower half of breastbone
  - Compression rate of at least 100/min
    - Delivers 30 compressions in 18 seconds or less with 1 rescuer
    - Delivers 15 compressions in 9 seconds or less with 2 rescuers
  - Adequate depth for age
    - Child: at least one third the depth of the chest (approximately 2 inches [5 cm])
  - Complete chest recoil after each compression
  - Appropriate ratio for age and number of rescuers
    - 1 rescuer: 30 compressions to 2 breaths
  - 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; if available, uses child-sized pads/dose attenuator for victims younger than 8 years
  - 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 with bag-mask device during 2-rescuer CPR:**
  - Provides effective breaths:
    - Opens airway adequately
    - Delivers each breath over 1 second
    - Delivers breaths that produce visible chest rise
    - Avoids excessive ventilation
10. **Provides high-quality chest compressions during 2-rescuer CPR:**
  - Correct placement of hand(s) in center of chest
  - Compression rate of at least 100/min
    - Delivers 15 compressions in 9 seconds or less
  - Adequate depth for age
    - Child: at least one third the depth of the chest (approximately 2 inches [5 cm])
  - Complete chest recoil after each compression
  - Appropriate ratio for age and number of rescuers
    - 2 rescuers: 15 compressions to 2 breaths
  - Minimizes interruptions in compressions
    - Less than 10 seconds between last compression of one cycle and first compression of next cycle