

**Critical Skills  
Description 1:  
Adult/Child  
1-Rescuer CPR  
Skills Testing**

Step	Critical Step	Description
Student begins CPR steps:		
<b>1</b>	Checks for response	<p>Student is close to manikin, taps victim, and speaks in a loud voice (eg, “Are you all right?”).</p> <p><i>Instructor must not indicate whether there is a response or not; allow the student to determine that the victim is not responding by properly assessing the victim.</i></p> <p><i>Sequence: This must precede any steps, including opening the airway.</i></p>
<b>2</b>	Activates emergency response system/ calls for AED	<p>For this testing situation, student must tell bystander to activate the appropriate emergency response system and get the AED.</p> <p><i>Sequence: This must occur after checking for a response and before starting chest compressions.</i></p>
<b>3</b>	Opens airway using head tilt–chin lift	<p>Student kneels beside the manikin near the shoulders. Student places palm of one hand on manikin forehead. Student places fingers of other hand under the lower jaw to lift the chin. Mouth is not completely closed. There is obvious movement of the head from the neutral position.</p> <p><i>Sequence: This must precede a breathing check. If the airway is opened for the first time to give breaths, do NOT count it as the open airway step.</i></p>
<b>4</b>	Checks for adequate breathing	<p>Student places face near manikin face <b>and</b> looks at chest for at least 5 seconds.</p> <p><i>Instructor must not indicate whether there is breathing or not; allow the student to determine that the victim is not breathing adequately by properly assessing the victim.</i></p> <p><i>Timing: This entire step should take 5 seconds but no more than 10 seconds.</i></p>
<b>5</b>	Gives 2 breaths (1 second each)	<p>Student attempts breaths. If first breath does not achieve chest rise, student should reposition the airway and attempt a second breath. Student must give at least one breath that causes noticeable chest rise. After 2 attempts, student moves on to the next step whether chest rise occurs or not.</p> <p><i>Timing: This entire step must take no longer than 10 seconds.</i></p> <p><i>Sequence: This must precede any chest compressions.</i></p>
<b>6</b>	Checks carotid pulse	<p>Student locates the trachea (“wind pipe” or “Adam’s apple”) using 2 or 3 fingers of the other hand and slips the fingers into the “groove” between the trachea and the muscles in the side of the neck where the carotid pulse can be felt.</p> <p><i>Timing: Student must feel for a pulse for at least 5 seconds but no more than 10 seconds.</i></p> <p><i>Sequence: This must precede any chest compressions.</i></p>

Step	Critical Step	Description
7	Locates CPR hand position	Student places the heel of one hand in the center of chest, between the nipples, and places the other hand on top of the first hand. (Optionally student may grasp wrist of first hand.)
8	Delivers first cycle of 30 compressions at correct rate  (This step requires a stopwatch.)	<p>Student kneels alongside the manikin; the shoulders are approximately in line with the sternum. Compression must result in clearly visible depression and release of the sternum. Instructor is NOT to estimate depth. Student may lift hands slightly off the chest between compressions.</p> <ul style="list-style-type: none"> <li>• <i>START YOUR STOPWATCH when the student first compresses sternum.</i></li> <li>• <i>STOP YOUR STOPWATCH at the end of the 30th compression.</i></li> </ul> <p><i>Mark step “correct” if the number of seconds is less than 23.</i></p>
9	Gives 2 breaths (1 second each)	<p>Student attempts breaths. If the first breath does not achieve chest rise, student should reposition the airway and attempt a second breath. Student must give at least one breath that causes noticeable chest rise. After 2 attempts, student moves on to the next step whether chest rise occurs or not.</p> <p><i>Timing: This entire step must take no longer than 10 seconds.</i></p>
10	Delivers second cycle of compressions using correct hand position	<p>Student places the heel of one hand in the center of the chest, between the nipples, and places the other hand on top of the first hand. (Optionally student may grasp wrist of first hand.)</p> <p>Student extends or interlaces fingers to avoid significant pressure on the ribs by the fingers.</p> <p><i>Mark step “correct” if number of compressions delivered with correct hand position is greater than 23.</i></p>
11	Gives 2 breaths (1 second each)	<p>Student attempts breaths. If the first breath does not achieve chest rise, student should reposition the airway and attempt a second breath. Student must give at least one breath that causes noticeable chest rise. After 2 attempts, student moves on to the next step whether chest rise occurs or not.</p> <p><i>Timing: This entire step must take no longer than 10 seconds.</i></p>

Step	Critical Step	Description
The next step is done only with a manikin with a feedback device, such as a clicker or light. If the manikin is unavailable, STOP THE TEST.		
<b>12</b>	Delivers third cycle of compressions of adequate depth with full chest recoil	<p>Measure depth only if using instrumented manikin; otherwise observe that the minimum number of compressions is given.</p> <p>Record the number of compressions that achieve adequate depth. Record the number of compressions that achieve full chest recoil.</p> <p><i>This step is defined as correct if student does more than 23 compressions of adequate depth and with full chest recoil.</i></p>

**Critical Skills  
Description 2:  
Adult 2-Rescuer  
CPR With AED  
Skills Testing**

Step	Critical Step	Description
One student does 1-rescuer CPR. The student being tested arrives with AED. You will test this student on using the AED and doing 2-rescuer CPR. Other student uses bag mask for breathing during 2-rescuer CPR.		
<b>1</b>	Arrives with AED and turns AED on	Student must press proper button to turn AED on (or open the case if the AED has automatic-on feature).
<b>2</b>	Selects proper pads and places pads correctly	Student must 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 described by the pad diagrams or AED instructions.
<b>3</b>	Clears victim to analyze	Student must show a visible sign of clearing the victim along with an oral indication of clearing the victim ("Clear! Stay clear of victim!" or similar statement with an obvious gesture to ensure that all are clear.)
<b>4</b>	Clears victim to shock/presses <b>shock</b> button	<p>Student must press <b>shock</b> button when prompted and after clearing.</p> <p><i>Timing: The time from arrival of the AED to shock delivery should be no more than 90 seconds.</i></p>
Test is done with a 1-shock scenario. Student should continue CPR immediately after the shock is given. If the AED has not been reprogrammed to 2005 guidelines, instructor will turn off the AED and say "Continue CPR with chest compressions." Other rescuer is now available to take over breathing using bag mask.		
<b>5</b>	Resumes chest compressions after 1 shock	<p>Student follows AED/instructor prompts to resume CPR by getting into proper position, placing hands in the proper place on the chest, and beginning chest compressions.</p> <p><i>Timing: Student resumes CPR starting with chest compressions immediately. Student should take no other steps between delivering a shock and giving chest compressions.</i></p>

Step	Critical Step	Description
6	Delivers first cycle of 30 compressions at correct rate  (This step requires a stopwatch.)	Student kneels beside the manikin; the shoulders are approximately in line with the sternum. Compression must result in clearly visible depression and release of the sternum. Instructor is NOT to estimate depth. Student may lift hands slightly off the chest between compressions. <ul style="list-style-type: none"> <li>• <i>START YOUR STOPWATCH when student first compresses the sternum.</i></li> <li>• <i>STOP YOUR STOPWATCH at the end of the 30th compression.</i></li> </ul> <p><i>Mark step "correct" if the number of seconds is less than 23.</i></p>
7	Pauses to allow second rescuer to give 2 breaths (1 second each)	Student pauses compressions to allow second rescuer to give 2 breaths with bag mask.  <i>Timing: This entire step must take no longer than 10 seconds.</i>
8	Delivers second cycle of compressions using correct hand position	Student places heel of one hand in the center of the chest, between the nipples, and places the other hand on top of the first hand. (Optionally student may grasp wrist of first hand.)  Student extends or interlaces fingers to avoid significant pressure on the ribs by the fingers.  Mark step "correct" if number of compressions delivered with correct hand position is greater than 23.
9	Pauses to allow second rescuer to give 2 breaths (1 second each)	Student pauses compressions to allow second rescuer to give 2 breaths with bag mask.  <i>Timing: This entire step must take no longer than 10 seconds.</i>
Students switch places with little interruption. Student being tested takes over breathing using bag mask. Students perform 2 more cycles of CPR.		
10	Gives 2 breaths using bag mask (2 cycles)	Student being tested uses bag mask, seals properly, and squeezes bag. If first breath does not achieve chest rise, student should reposition the airway and attempt a second breath. Student must give at least one breath that causes noticeable chest rise. After 2 attempts, student moves on to the next step whether chest rise occurs or not.
STOP THE TEST.		

**Critical Skills  
Description 3:  
Infant 1- and  
2-Rescuer CPR  
Skills Testing**

Step	Critical Step	Description
Student begins 1-rescuer CPR steps. Second rescuer comes later.		
<b>1</b>	Checks for response	<p>Student is close to the manikin, taps the infant manikin on the foot, and in a loud voice (eg, “Are you all right?”).</p> <p><i>Instructor must not indicate whether there is a response or not; allow student to determine that the victim is not responding by properly assessing the victim.</i></p> <p><i>Sequence: This must precede any steps, including opening the airway.</i></p>
For testing purposes, because the instructor is “present at the scene” as a “bystander,” student will verbalize step 2 now rather than activate emergency response after 1 minute of CPR.		
<b>2</b>	Activates emergency response system	<p>For this testing situation, student must tell the bystander to activate the appropriate emergency response system.</p> <p><i>Sequence: This must occur after checking for a response and before starting chest compressions.</i></p>
<b>3</b>	Opens airway using head tilt–chin lift	<p>Student tilts the head back by pushing back on the forehead. Student places fingers on bony part of the victim’s chin and lifts the victim’s chin. Student does not press the soft tissues of the neck or under the chin. Student lifts the jaw upward by bringing the chin forward.</p> <p><i>There must be no noticeable overextension of the neck.</i></p> <p><i>Sequence: This must precede a breathing check. If the airway is opened for the first time to give breaths, do NOT count it as the open airway step.</i></p>
<b>4</b>	Checks breathing	<p>Student places face near the manikin’s face <b>and</b> looks at chest for at least 5 seconds.</p> <p><i>Instructor must not indicate whether there is breathing or not; allow student to determine that the victim is not breathing by properly assessing the victim.</i></p> <p><i>Timing: This entire step should take 5 seconds but no more than 10 seconds.</i></p>
<b>5</b>	Gives 2 breaths (1 second each)	<p>If the first breath does not achieve chest rise, student should reposition the airway and attempt a second breath. Student may make multiple attempts to reposition the head or improve the pocket mask seal to give 2 effective breaths.</p> <p><i>Timing: This entire step must take no longer than 10 seconds.</i></p> <p><i>Sequence: This must precede any chest compressions.</i></p>

Step	Critical Step	Description
6	Checks brachial pulse	<p>Student locates the brachial pulse in the manikin's upper arm closer to the student, using the fingers to feel the pulse between the biceps muscle and the humerus.</p> <p><i>Timing: Student must feel for a pulse for at least 5 seconds but no more than 10 seconds.</i></p> <p><i>Sequence: This must precede any chest compressions.</i></p>
7	Locates CPR hand position	<p>Student places 2 fingers approximately just below the intermammary line.</p>
8	<p>Delivers first cycle of 30 compressions at correct rate</p> <p>(This step requires a stopwatch.)</p>	<p>Compression must result in clearly visible depression and release of the sternum. Instructor is NOT to estimate depth. Student may lift fingers slightly off the chest between compressions.</p> <ul style="list-style-type: none"> <li>• <i>START YOUR STOPWATCH when student first compresses the sternum.</i></li> <li>• <i>STOP YOUR STOPWATCH at the end of the 30th compression.</i></li> </ul> <p><i>Mark step "correct" if the number of seconds is less than 23.</i></p>
9	Gives 2 breaths (1 second each)	<p>If the first breath does not achieve chest rise, student should reposition the airway and attempt a second breath. Student may make multiple attempts to reposition the head or improve the pocket mask seal to give 2 effective breaths.</p> <p><i>Timing: This entire step must take no longer than 10 seconds.</i></p> <p><i>Sequence: This must precede any chest compressions.</i></p>
<p>Second rescuer arrives, takes over breathing with bag mask. Student being tested changes to using the 2 thumb—encircling hands technique for compressions.</p>		
10	First student delivers cycle of 15 compressions using 2 thumb—encircling hands technique	<p>Student compresses chest using the 2 thumb—encircling hands technique on the sternum just below the nipple line.</p> <p><i>Mark step "correct" if number of compressions delivered with correct thumb position is greater than 11.</i></p>
11	Pauses to allow second rescuer to give 2 breaths (1 second each)	<p>Student pauses compressions to allow second rescuer to give 2 breaths with bag mask.</p> <p><i>Timing: This entire step must take no longer than 10 seconds.</i></p>

Step	Critical Step	Description
<b>12</b>	Delivers third cycle of compressions of adequate depth with full chest recoil	<p>Measure depth only if using instrumented manikin; otherwise observe that minimum number of compressions is given.</p> <p>Record number of compressions that achieve adequate depth. Record number of compressions that achieve full chest recoil.</p> <p>This step is defined as correct if student does more than 11 compressions of adequate depth and with full chest recoil.</p>
<b>13</b>	Pauses to allow second rescuer to give 2 breaths	<p>Student pauses compressions to allow second rescuer to give 2 breaths with bag mask.</p> <p><i>Timing: This entire step must take no longer than 10 seconds.</i></p>
Students switch places with little interruption. The student being tested takes over breathing using bag mask. Students perform 2 more cycles of CPR.		
<b>14</b>	Gives 2 breaths (1 second each) using bag mask during pauses in compressions (2 cycles)	<p>First student uses bag mask, seals properly, and squeezes bag. Chest rise should be clearly visible with each of the 2 breaths. Breaths should take approximately 1 second each. Student may make multiple attempts to reposition head or improve mask seal to give 2 effective breaths. (Sounds of leakage can be present as long as there is visible chest rise.)</p> <p><i>Timing: This entire step must take no longer than 10 seconds.</i></p>
STOP THE TEST.		