

# Heartsaver AED Course Adult/Child CPR and AED Student Practice Sheet

Step	Critical Performance Steps	Details
1	_____ Check for response	Tap victim and ask if the person is “all right” or “OK,” speaking loudly and clearly.
2	_____ Tell someone to phone your emergency response number (or 911) and get an AED	Tell someone to perform <b>both</b> 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.  Obvious movement of the head back toward the hand on the forehead.
4	_____ Check breathing	Place face near the victim’s nose and mouth to listen and feel for victim’s breath.  Look at chest.  Take at least 5 seconds but no more than 10 seconds.
5	_____ Give 2 breaths (1 second each)	Seal your mouth over victim’s mouth and blow.  Your exhaled breaths should take 1 second each.  Reposition the head if chest does not rise.
6	_____ Bare victim’s chest and locate CPR hand position	Move or remove clothing from front of victim’s chest.  Place heel of one hand in the center of chest, between the nipples.
7	_____ Deliver first cycle of 30 compressions at the correct rate	Give 30 compressions in less than 23 seconds.  Push hard; push fast; let chest return to normal between compressions.
8	_____ Give 2 breaths (1 second each)	Seal your mouth over victim’s mouth and blow.  Your exhaled breaths should take 1 second each.  Reposition the head if chest does not rise.

Adult/Child CPR and AED Student Practice Sheet (continued)

Step	Critical Performance Steps	Details
<b>AED Arrives</b>		
<b>AED 1</b>	_____ Turn AED on	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).
<b>AED 2</b>	_____ Select proper pads and place pads correctly	Recognize the difference between adult pads and child pads: <ul style="list-style-type: none"> <li>• Select the proper pad size for the manikin</li> <li>• Apply the pads to the chest as pad diagrams and/or AED instructions show</li> </ul>
<b>AED 3</b>	_____ Clear victim to analyze	Show a visible sign of clearing the victim and a spoken indication of clearing the victim: “Clear! Stay clear of victim!” or similar words with an obvious gesture to make sure all are clear.
<b>AED 4</b>	_____ Clear victim to shock/press shock button	Show a visible sign of clearing the victim and a spoken indication of clearing the victim: “Clear! Stay clear of victim!” or similar words with an obvious gesture to make sure all are clear.  Press shock button when prompted and after clearing.  For adult victim, time from arrival of AED to first shock must be less than 90 seconds.
<b>Continue CPR</b>		
<b>9</b>	_____ Resume CPR: deliver second cycle of compressions using correct hand position	Place heel of one hand in the center of chest, between the nipples.  Do 30 compressions.  Push hard; push fast; let chest return to normal between compressions.
<b>10</b>	_____ Give 2 breaths (1 second each)	Seal your mouth over victim’s mouth and blow.  Your exhaled breaths should take 1 second each.  Reposition the head if chest does not rise.
<b>11</b>	_____ Deliver third cycle of compressions of adequate depth with chest returning to normal	Do 30 compressions.  Push hard; push fast; let chest return to normal between compressions.

# Heartsaver AED Course

## Infant CPR

### Student Practice Sheet

Step	Critical Performance Steps	Details
<b>1</b>	_____ Check for response	Tap infant's foot and shout loudly.
<b>2</b>	_____ Tell someone to phone your emergency response number (or 911)	Tell someone to phone emergency response number (or 911). (During class practice there is someone to phone 911; otherwise do 2 minutes of CPR before phoning 911.)
<b>3</b>	_____ 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 neck or under the chin. Lift the jaw upward by bringing the chin forward. Do not push the head back too far.
<b>4</b>	_____ Check breathing	Place face near the victim's nose and mouth to listen and feel for victim's breath. Look at chest. Take at least 5 seconds but no more than 10 seconds.
<b>5</b>	_____ Give 2 breaths (1 second each) with visible chest rise	Seal your mouth over victim's nose and mouth and blow. Your exhaled breaths should take 1 second each. You should be able to see the chest rise twice.
<b>6</b>	_____ Bare victim's chest and locate CPR finger position	Move or open clothing from front of victim's chest. Place 2 fingers just below the nipple line.
<b>7</b>	_____ Deliver first cycle of 30 compressions at the correct rate	Give 30 compressions in less than 23 seconds. Push hard; push fast; let chest return to normal between compressions.
<b>8</b>	_____ Give 2 breaths (1 second each) with visible chest rise	Seal your mouth over victim's nose and mouth and blow. Your exhaled breaths should take 1 second each. You should be able to see the chest rise twice.
<b>9</b>	_____ Deliver second cycle of compressions using correct finger position	Compress chest with 2 fingers just below the nipple line. Do 30 compressions. Push hard; push fast; let chest return to normal between compressions.
<b>10</b>	_____ Give 2 breaths (1 second each) with visible chest rise	Seal your mouth over victim's nose and mouth and blow. Your exhaled breaths should take 1 second each. You should be able to see the chest rise twice.
<b>11</b>	_____ Deliver third cycle of compressions of adequate depth with chest returning to normal	Do 30 compressions. Push hard; push fast; let chest return to normal between compressions.