

Critical Skills Description I
Adult/Child CPR Skill Testing

Step	Critical Step	Description
<i>Student being tested starts CPR.</i>		
1	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 say whether or not there is response; allow student to determine that 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>
2	Tells someone to phone the emergency response number (or 911) and get an AED	Student must tell bystander to perform both actions.
3	Opens airway using head tilt–chin lift	<p>Student kneels beside the manikin near shoulders. Student places palm of one hand on forehead. Student places fingers of other hand under the lower jaw to lift the chin. 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>

Step	Critical Step	Description
4	Checks breathing	<p>Student places face near manikin's face <i>and</i> looks at chest for at least 5 seconds and no more than 10 seconds.</p> <p><i>Instructor must not say whether the victim is breathing; allow student to determine that victim is not breathing through appropriate assessment.</i></p> <p><i>Timing: This entire step should take 5 seconds but no more than 10 seconds.</i></p>
5	Gives 2 breaths (1 second each)	<p>If first breath does not achieve chest rise, student should reposition the head and attempt a second breath. Student must give at least 1 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>
6	Bares victim's chest and locates CPR hand position	<p>Student moves or removes clothing from the front of the victim's chest. 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.)</p>
7	<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 breastbone. Instructor is NOT to estimate depth. Student may lift hands slightly off chest between compressions.</p> <ul style="list-style-type: none"> • START YOUR STOPWATCH when student first compresses the breastbone. • STOP YOUR STOPWATCH at the end of the 30th compression. <p>Mark step "correct" if the number of seconds is less than 23.</p>

Step	Critical Step	Description
8	Gives 2 breaths (1 second each)	<p>If first breath does not achieve chest rise, student should reposition the head and attempt a second breath. Student must give at least 1 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>
9	Delivers second cycle of compressions using correct hand position	<p>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.)</p> <p>Mark step “correct” if the number of compressions delivered with correct hand position is greater than 23.</p>
10	Gives 2 breaths (1 second each)	<p>If first breath does not achieve chest rise, student should reposition the head and attempt a second breath. Student must give at least 1 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>The next step is done only with a manikin with a feedback device, such as a clicker or light. If no feedback device, STOP THE TEST.</i></p>		
11	Delivers third cycle of compressions of adequate depth with full chest recoil	<p>Measure depth only if using instrumented manikin.</p> <p>Record the number of compressions achieving adequate depth and achieving full chest recoil.</p> <p>This step is defined as correct if student does more than 23 compressions of adequate depth and with full chest recoil.</p>
<p>STOP THE TEST.</p>		

Critical Skills Description II
Adult/Child CPR and AED Skill Testing

Step	Critical Step	Description
<p><i>Student being tested starts CPR, instructor or another student gets AED. AED arrives after 1st cycle of CPR. Student being tested uses AED, then resumes CPR, doing 3 more cycles of CPR.</i></p>		
1	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 say whether or not there is response; allow student to determine that 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>
2	Tells someone to phone the emergency response number (or 911) and get an AED	<p>Student must tell bystander to perform both actions.</p>
3	Opens airway using head tilt–chin lift	<p>Student kneels beside the manikin near shoulders. Student places palm of one hand on forehead. Student places fingers of other hand under the lower jaw to lift the chin. 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>
4	Checks breathing	<p>Student places face near manikin's face <i>and</i> looks at chest for at least 5 seconds and no more than 10 seconds.</p> <p><i>Instructor must not say whether or not the victim is breathing; allow student to determine that victim is not breathing through appropriate assessment.</i></p> <p><i>Timing: This entire step should take 5 seconds but no more than 10 seconds.</i></p>

Step	Critical Step	Description
5	Gives 2 breaths (1 second each)	<p>If first breath does not achieve chest rise, student should reposition the head and attempt a second breath. Student must give at least 1 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>
6	Bares victim's chest and locates CPR hand position	<p>Student moves or removes clothing from the front of victim's chest. 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.)</p>
7	<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 breastbone. Instructor is NOT to estimate depth. Student may lift hands slightly off chest between compressions.</p> <ul style="list-style-type: none"> • START YOUR STOPWATCH when student first compresses the breastbone. • STOP YOUR STOPWATCH at the end of the 30th compression. <p>Mark step "correct" if the number of seconds is less than 23.</p>
8	Gives 2 breaths (1 second each)	<p>If first breath does not achieve chest rise, student should reposition the head and attempt a second breath. Student must give at least 1 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>
AED arrives		
AED 1	Turns AED on	<p>Student must press proper button to turn AED on (or open the case if AED has automatic-on feature).</p>

Step	Critical Step	Description
AED 2	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 prescribed by the pad diagrams or AED instructions.
AED 3	Clears victim to analyze	Student must show a visible sign of clearing the victim along with a verbal indication of clearing the victim (“Clear! Stay clear of victim!” or similar statement with an obvious gesture to ensure that all are clear).
AED 4	Clears victim to shock/presses shock button	Student must press shock button when prompted and after clearing. Timing: The time from the arrival of the AED to shock should be no more than 90 seconds.
<p><i>Test is done with a “1- shock” scenario. Student should continue CPR immediately after shock is given. If AED has not been re-programmed to 2005 guidelines, instructor will turn off the AED and say “Continue CPR with chest compressions.” (See lesson maps for more information.)</i></p>		
9	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.) Mark step “correct” if number of compressions delivered with correct hand position is greater than 23.
10	Gives 2 breaths (1 second each)	If first breath does not achieve chest rise, student should reposition the head and attempt a second breath. Student must give at least 1 breath that causes noticeable chest rise. After 2 attempts student moves on to the next step whether chest rise occurs or not. <i>Timing: This entire step must take no longer than 10 seconds.</i>
<p><i>The next step is done only with a manikin with a feedback device, such as a clicker or light. If not, STOP THE TEST.</i></p>		

Step	Critical Step	Description
11	Delivers third cycle of compressions of adequate depth with full chest recoil	<p>Measure depth only if using instrumented manikin</p> <p>Record the number of compressions achieving adequate depth and achieving full chest recoil.</p> <p>This step is defined as correct if student does more than 23 compressions of adequate depth and with full chest recoil.</p>
<i>STOP THE TEST.</i>		

Critical Skills Description III
Infant CPR Skill Testing

Step	Critical Step	Description
1	Checks for response	<p>Student is close to manikin, taps infant manikin on the foot, and speaks in a loud voice (eg, “Are you all right?”).</p> <p><i>Instructor must not say whether or not there is response; allow student to determine that 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>
<p><i>For testing purposes, since instructor is “present at the scene” as a “bystander,” student will verbalize step 2 now rather than activate emergency response after 2 minutes of CPR.</i></p>		
2	Tells someone to phone the emergency response number (or 911)	<p>Student must tell bystander to phone the emergency response number (or 911)</p>
3	Opens airway using head tilt–chin lift	<p>Student tilts the head back by pushing back on the forehead. Student places fingers on the 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>Student must not noticeably push the head back too far.</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>
4	Checks breathing	<p>Student places face near manikin's face and looks at chest for at least 5 seconds and no more than 10 seconds.</p> <p><i>Instructor must not say whether the victim is breathing; allow student to determine that victim is not breathing through appropriate assessment.</i></p> <p><i>Timing: This entire step should take 5 seconds but no more than 10 seconds.</i></p>

Step	Critical Step	Description
5	Gives 2 breaths (1 second each)	<p>If first breath does not achieve chest rise, student should reposition the head and attempt a second breath. Student moves on to next step whether chest rises 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>
6	Bares infant's chest and locates CPR finger position	<p>Student moves or opens clothing from the front of infant's chest.</p> <p>Student places 2 fingers on the breastbone just below the nipple line.</p>
7	<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 breastbone. Instructor is NOT to estimate depth. Student may lift fingers slightly off chest between compressions.</p> <ul style="list-style-type: none"> • START YOUR STOPWATCH when student first compresses the breastbone. • STOP YOUR STOPWATCH at the end of the 30th compression. <p>Mark step "correct" if the number of seconds is less than 23.</p>
8	Gives 2 breaths (1 second each)	<p>If first breath does not achieve chest rise, student should reposition the head and attempt a second breath. Student may make multiple attempts to reposition head or improve 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>
9	Delivers cycle of 30 compressions using correct finger position	<p>Student compresses chest with 2 fingers just below the nipple line.</p> <p>Mark step "correct" if number of compressions delivered with correct finger position is greater than 11.</p>
10	Give 2 breaths (1 second each)	<p>If first breath does not achieve chest rise, student should reposition the head and attempt a second breath. Student may make multiple attempts to reposition head or improve seal to give 2 effective breaths.</p> <p><i>Timing: This entire step must take no longer than 10 seconds.</i></p>

Step	Critical Step	Description
<p><i>The next step is done only with a manikin with a feedback device, such as a clicker or light. If no feedback device, STOP THE TEST.</i></p>		
11	Delivers third cycle of compressions of adequate depth with full chest recoil	<p>Measure depth only if using instrumented manikin</p> <p>Record the number of compressions achieving adequate depth and achieving full chest recoil.</p> <p>This step is defined as correct if student does more than 23 compressions of adequate depth and with full chest recoil.</p>
<p><i>STOP THE TEST.</i></p>		