

**Adult, Child and Infant CPR and AED  
Skills Testing Criteria**

|    | <b>Action</b>                             | <b>Adult and Older Child</b>   | <b>Child</b><br>(1 Year to Puberty)  | <b>Infant</b><br>(Under 1 year)        |  |
|----|---|--|--|--|--|
| 1  | Assess the Scene                          | Check the scene for safety   |  |  |  |
| 2  | Check for Response                        | Tap and Shout – Check for no breathing, abnormal breathing or gasping (no more than 10 seconds)  |  |  |  |
| 3  | Activate EMS                              | Call 9-1-1 and get AED   | If alone: Call 9-1-1 and get AED after 5 sets of CPR (30:2)                  |  |  |
| 4  | CPR Sequence                              | Chest Compressions – Airway – Breathing (C-A-B)  |  |  |  |
| 5  | Check for Pulse (no more than 10 seconds) | Check Carotid Artery in the neck   |  | Check Brachial Artery in the upper arm |  |
| 6  | <b>C:</b> Begin CPR if unresponsive       | Push hard and fast. Give sets of 30 compressions and 2 rescue breaths (30:2 ratio).  |  |  |  |
|    | Compression Rate                          | At least 100 compressions per minute   |  |  |  |
|    | Compression Location                      | In the center of the chest, on the breastbone, between the nipples   |  |  |  |
|    | Compression Depth                         | At least 2 inches  | At least 2 inches (1/3 depth of the chest)                                   | At least 1.5 inches                    |  |
|    | Correct Hand Placement                    | 2 hands: Heel of 1 hand on the breastbone; 2 <sup>nd</sup> hand on top of the first; interlace the fingers   | 1 or 2 hands: Use heel of one hand; or same hand placement as with adult CPR | 2 to 3 fingers                         |  |
|    | Chest Recoil                              | Allow for complete chest recoil after each compression   |  |  |  |
| 7  | <b>A:</b> Open Airway Breaths             | Head-tilt chin-lift to open the airway. Look for any obstructions.   |  |  |  |
| 8  | <b>B:</b> Give Breaths                    | Give 2 breaths, 1 second each. Be sure to place your mouth over the victim's mouth. For an infant, cover the mouth and nose with your mouth.   |  |  |  |
| 9  | AED Usage                                 | Regular pads   | Pediatric / Child pads preferred, if not available, use adult pads           |  |  |
| 10 | Defibrillation                            | Attach and use an AED as soon as it is available. Follow AED prompts with minimal interruptions in chest compressions. Deliver shock when advised and resume compressions immediately after. |  |  |  |

## Adult and Child CPR, AED and Choking Skills Evaluation Checklist

Participant Name: \_\_\_\_\_ Evaluation Date: \_\_\_\_\_

| Step | Performance Criteria   | Skill Performed Correctly ✓ |
|------|--|-----------------------------|
| 1    | <b>Assesses</b> the scene for safety   |                             |
| 2    | Checks for <b>Response</b> : Check for no breathing, abnormal breathing or gasping (no more than 10 seconds)   |                             |
| 3    | <b>Activates EMS</b> (call 9-1-1) and get the AED  |                             |
| 4    | Checks for <b>Pulse</b> (no more than 10 seconds)  |                             |
| 5    | <b>Gives High Quality CPR</b>  |                             |
|      | Compression <b>Rate</b> : At least 100 / minute (30:2)   |                             |
|      | Proper <b>Depth</b> : At least 2 inches  |                             |
|      | Correct <b>Hand Placement</b> (2 hands interlaced) at the center of the chest, between the nipples   |                             |
|      | Allows for Complete <b>Chest Recoil</b>  |                             |
| 6    | Opens <b>Airway</b> : Head-tilt chin-lift motion   |                             |
| 7    | Gives <b>Breaths</b> : 2 breaths, 1 second each, covers victim's mouth   |                             |
| 8    | <b>AED Usage</b> : Turns it on, applies pads, follows prompts, and does NOT remove pads or turns the AED off   |                             |
| 9    | <b>Resumes compressions</b> immediately after AED delivers shock (minimal interruptions)   |                             |
| 10   | <b>Conscious Choking</b> : Asks person if he / she is choking; stands or kneels behind person; creates fist and places it on person's abdomen; gives upward abdominal thrusts until object is dislodged or person becomes unconscious        |                             |
| 11   | <b>Unconscious Choking</b> : Checks for breathing; gives CPR; looks for object; repositions head if chest does not rise and fall during breaths; finger sweep to remove item if visible; continues CPR if no breathing, coughing or movement |                             |

For Instructor Use (Place ✓ if Student Passed):

Adult / Child CPR

AED

Instructor Signature: \_\_\_\_\_

Conscious Choking

Unconscious Choking

## Infant CPR, AED and Choking Skills Evaluation Checklist

Participant Name: \_\_\_\_\_ Evaluation Date: \_\_\_\_\_

| Step | Performance Criteria   | Skill Performed Correctly ✓ |
|------|--|-----------------------------|
| 1    | <b>Assesses</b> the scene for safety   |                             |
| 2    | Checks for <b>Response</b> : Check for no breathing, abnormal breathing or gasping (no more than 10 seconds)   |                             |
| 3    | <b>Activates EMS</b> : sends someone to Call 9-1-1, or activates EMS after providing care first  |                             |
| 4    | Checks for <b>Pulse</b> (no more than 10 seconds)  |                             |
| 5    | <b>Gives High Quality CPR</b>  |                             |
|      | Compression <b>Rate</b> : At least 100 / minute (30:2)   |                             |
|      | Proper <b>Depth</b> : At least 1 ½ inches  |                             |
|      | Correct <b>Hand Placement</b> (2 fingers) at the center of the chest, between the nipples  |                             |
|      | Allows for Complete <b>Chest Recoil</b>  |                             |
| 6    | Opens <b>Airway</b> : Head-tilt chin-lift motion   |                             |
| 7    | Gives <b>Breaths</b> : 2 breaths, 1 second each, covers victim's mouth and nose  |                             |
| 8    | <b>AED Usage</b> : Turns it on, applies (infant) pads, follows prompts, and does NOT remove pads or turns the AED off  |                             |
| 9    | <b>Resumes compressions</b> immediately after AED delivers shock (minimal interruptions)   |                             |
| 10   | <b>Conscious Choking</b> : Positions infant face-down; gives 5 back blows with the heel of the hand; turns the infant face-up and gives 5 chest thrusts; repeats until infant begins to respond or object is forced out                      |                             |
| 11   | <b>Unconscious Choking</b> : Checks for breathing; gives CPR; looks for object; repositions head if chest does not rise and fall during breaths; finger sweep to remove item if visible; continues CPR if no breathing, coughing or movement |                             |

For Instructor Use (Place ✓ if Student Passed):

Instructor Signature: \_\_\_\_\_

Infant CPR

AED

Conscious Choking

Unconscious Choking