

Skills Checklist



Check, Call, Care—Adult, Child, Baby

Participant Name: _____

Date: _____

MUST-SEE STEPS	DETAILS	SKILL SUCCESSFULLY DEMONSTRATED	
		YES	NO
Preparing to Respond	<input type="checkbox"/> Wear gloves and use a barrier device.		
Check the Scene	<input type="checkbox"/> Is it safe? <input type="checkbox"/> What happened? <input type="checkbox"/> How did it happen? <input type="checkbox"/> How many ill or injured people are there? <input type="checkbox"/> Is there someone to help me? <input type="checkbox"/> Is there someone who looks to be unconscious?		
Check the Person	If it is safe to do so, check the person: <input type="checkbox"/> Ask the person, "Are you okay?" <input type="checkbox"/> If the person does not respond to your voice, tap the person on the shoulder. For a baby, clap loudly and gently flick the bottom of the baby's feet. <input type="checkbox"/> Get consent to help. Does the person want your help? Tell the person: <input type="checkbox"/> Who you are <input type="checkbox"/> That you are trained in first aid <input type="checkbox"/> That you are here to help <input type="checkbox"/> Check the person's ABCs (Airway, Breathing, and Circulation) simultaneously. Checking the ABCs is a rapid assessment that should take no more than 5 to 10 seconds. <input type="checkbox"/> A = Check the Airway / B = Check Breathing <input type="checkbox"/> Tilt the head back and lift the chin. <input type="checkbox"/> Check for normal breathing for a maximum of 5 to 10 seconds. <input type="checkbox"/> C = Check Circulation <input type="checkbox"/> Look for deadly bleeding and signs of shock. Quickly look at the person from head to toe.		
Shout for Help or Call EMS/9-1-1	<input type="checkbox"/> If the person responds, determine whether there is any need to call EMS/9-1-1. <input type="checkbox"/> If the person is unresponsive, have someone call EMS/9-1-1 and get an automated external defibrillator (AED), if available. If alone with an/a: <input type="checkbox"/> Adult: call EMS/9-1-1 yourself, get an AED, and return to care for the person (start CPR). <input type="checkbox"/> Child: do five cycles (two minutes) of CPR first, if necessary, then call EMS/9-1-1, get an AED, and return to care for the child. <input type="checkbox"/> Baby: do five cycles (two minutes) of CPR first, if necessary, then take the baby with you to call EMS/9-1-1, get an AED, and return to providing care.		

Skills Checklist

Check, Call, Care—Adult, Child, Baby (continued)

MUST-SEE STEPS	DETAILS	SKILL SUCCESSFULLY DEMONSTRATED	
		YES	NO
Care	<input type="checkbox"/> Care for all life-threatening conditions first. <input type="checkbox"/> If someone is there to help, he or she can treat deadly bleeding or treat for shock while you treat other life-threatening conditions.		
Care for Shock* * This skill is not required for standalone CPR courses.	While you are waiting for EMS personnel to arrive: <input type="checkbox"/> Care for the cause of the shock. <input type="checkbox"/> Have the person rest. <input type="checkbox"/> Keep the person warm. <input type="checkbox"/> Ensure the person's ABCs are present. <input type="checkbox"/> Give comfort and reassurance.		

Skills Checklist



H.A.IN.E.S. Recovery Position—Adult, Child, Baby

Participant Name: _____ Date: _____

MUST-SEE STEPS	DETAILS	SKILL SUCCESSFULLY DEMONSTRATED	
		YES	NO
Arm Placement	<p>Starting with the person on his or her back:</p> <p><input type="checkbox"/> Kneel beside the person's waist. Raise the person's farthest arm away from you by rotating it outwards while keeping the palm facing upwards.</p> <p><input type="checkbox"/> Place the arm nearest to you across the person's chest, with the fingers pointing to the opposite shoulder.</p>		
Leg Placement	<input type="checkbox"/> Bend the person's nearest leg at the knee.		
Head and Neck Placement	<p><input type="checkbox"/> Carefully place your forearm that is nearest to the person's head and neck under the person's shoulder to provide extra leverage.</p> <p><input type="checkbox"/> Place the hand of that arm under the hollow of the person's neck and head to stabilize the person. DO NOT push or lift the person's head or neck.</p>		
Roll	<input type="checkbox"/> Carefully roll the person away from you by pushing simultaneously on the person's nearest shoulder with your stabilizing forearm and on the person's flexed knee with your other hand.		
Final Drainage Placement	<p><input type="checkbox"/> Pull the person's top leg closer to the chest.</p> <p><input type="checkbox"/> Place the person's upper hand on the outstretched arm against the forehead.</p> <p><input type="checkbox"/> Check the person's airway and, if required, clear the airway with the face turned slightly downward to permit drainage from the mouth.</p> <p><input type="checkbox"/> Treat the person for shock, ensure the person's ABCs are present, and monitor the quality of the person's vital signs.</p> <p><input type="checkbox"/> Ensure the person's head remains in contact with the outstretched arm and is supported by your hand.</p>		

Skills Checklist



Secondary Survey: Hands-Off Check—Adult, Child, Baby*

* This skill is not required for standalone CPR courses.

Participant Name: _____ Date: _____

MUST-SEE STEPS	DETAILS	SKILL SUCCESSFULLY DEMONSTRATED	
		YES	NO
Ask Questions	Ask the SAMPLE questions: <input type="checkbox"/> S = Signs and symptoms Are there any cuts or bruises? How do you feel? Do you feel any pain? Does anything feel different? <input type="checkbox"/> A = Allergies Are you allergic to anything? <input type="checkbox"/> M = Medications Do you take any medicine? What is it for? <input type="checkbox"/> P = Past medical history Do you have any medical conditions such as heart disease or another illness? Has this happened before? <input type="checkbox"/> L = Last meal When did you last eat? What did you eat? <input type="checkbox"/> E = Events leading up to the emergency What happened?		
Check the Quality of Vital Signs	<input type="checkbox"/> Level of consciousness Is the person awake or sleepy? Does the person seem confused? Is the person responsive? <input type="checkbox"/> Breathing Listen for sounds. Is the breathing fast or slow, shallow or deep? Is breathing painful for the person? <input type="checkbox"/> Skin Is it dry or wet? Is it an unusual colour or temperature?		
Head-to-Toe Check	If the person is conscious and able to answer questions: <input type="checkbox"/> Tell the person what you are going to do and ask the person to stay still. <input type="checkbox"/> Look at all exposed areas of the body for discoloration or deformities. <input type="checkbox"/> Look at the appearance of the skin and check its temperature with the back of your hand. <input type="checkbox"/> Ask the person to move each body part one at a time, beginning with the head, to see if anything hurts. (a) If the person has neck pain, do not move the neck. If there is no neck pain, ask if the person can slowly move the head from side to side. (b) Look in the ears, nose, and mouth for blood or other fluids. (c) Ask the person to shrug the shoulders. Ask if there is any pain or discomfort. (d) Check the chest by asking the person to take a deep breath and then blow air out.		

Skills Checklist

Secondary Survey: Hands-Off Check—Adult, Child, Baby (continued)

Participant Name: _____

Date: _____

MUST-SEE STEPS	DETAILS	SKILL SUCCESSFULLY DEMONSTRATED	
		YES	NO
Head-to-Toe Check	<p>(e) Check the abdomen by asking the person to push the stomach out and then pull it in.</p> <p>(f) Check the hips by asking the person to move them slightly.</p> <ul style="list-style-type: none"> • If there is no pain in the hips, ask the person to wiggle the toes. • If there is no pain in the toes, ask the person to move the ankles. • If there is no pain in the ankles, ask the person to bend the knees. <p>(g) Check the hands by asking the person to wiggle the fingers.</p> <ul style="list-style-type: none"> • If there is no pain in the fingers, ask the person to move the wrists. • If there is no pain in the wrists, ask the person to move the elbows. <p><input type="checkbox"/> If the person doesn't complain of any pain and doesn't have tender areas or signs of injury, ask the person to rest for a few minutes in a comfortable position.</p> <p><input type="checkbox"/> Check the quality of vital signs and make sure the ABCs are present. If you see no problem, help the person to stand up slowly when ready.</p> <p><input type="checkbox"/> If the person has pain or dizziness or cannot move a body part, check the ABCs again. Have the person rest, help keep the body temperature normal, and give reassurance.</p> <p><input type="checkbox"/> If you find any injuries, provide first aid as needed and decide whether you need to call EMS/9-1-1.</p>		

Skills Checklist



Secondary Survey: Hands-On Check—Adult, Child, Baby

Participant Name: _____

Date: _____

MUST-SEE STEPS	DETAILS	SKILL SUCCESSFULLY DEMONSTRATED	
		YES	NO
Ask Questions	<p>Ask the SAMPLE questions:</p> <p><input type="checkbox"/> S = Signs and symptoms Are there any cuts or bruises? How do you feel? Do you feel any pain? Does anything feel different?</p> <p><input type="checkbox"/> A = Allergies Are you allergic to anything?</p> <p><input type="checkbox"/> M = Medications Do you take any medicine? What is it for?</p> <p><input type="checkbox"/> P = Past medical history Do you have any medical conditions such as heart disease or another illness? Has this happened before?</p> <p><input type="checkbox"/> L = Last meal When did you last eat? What did you eat?</p> <p><input type="checkbox"/> E = Events leading up to the emergency What happened?</p>		
Check the Quality of Vital Signs	<p><input type="checkbox"/> Level of consciousness Is the person awake or sleepy? Does the person seem confused? Is the person responsive?</p> <p><input type="checkbox"/> Breathing Listen for sounds. Is the breathing fast or slow, shallow or deep? Is breathing painful for the person?</p> <p><input type="checkbox"/> Skin Is it dry or wet? Is it an unusual colour or temperature?</p>		
Head-to-Toe Check	<p>If the person is unconscious and unable to answer questions:</p> <p><input type="checkbox"/> Check the head and neck. Look and feel for any abnormalities such as bumps, soft spots, or bleeding. Do not push on soft spots.</p> <p><input type="checkbox"/> Check the shoulders by looking and feeling for any bumps or bone deformities.</p> <p><input type="checkbox"/> Check the chest by feeling the ribs for deformity. Ask the person to take a deep breath. If any part of the ribs moves differently from the rest when the person breathes in or out, call EMS/9-1-1.</p> <p><input type="checkbox"/> Gently press on the abdomen to see if it is hard. If it is hard or painful, do not poke or push on it.</p> <p><input type="checkbox"/> To check the hips, put your hands on both sides of the pelvis and push in and down on the hips at the same time. Do not push or pull if the person shows any signs of discomfort.</p> <p><input type="checkbox"/> Check the legs by feeling for any deformity in the bones or any swelling.</p> <p><input type="checkbox"/> Check the arms by feeling for any deformity in the bones or any swelling.</p>		

Skills Checklist



Severe Choking—Conscious Adult

Participant Name: _____

Date: _____

MUST-SEE STEPS	DETAILS	SKILL SUCCESSFULLY DEMONSTRATED	
		YES	NO
Preparing to Respond	<input type="checkbox"/> Wear gloves and use a barrier device.		
Check	<input type="checkbox"/> Check the scene to ensure it is safe. <input type="checkbox"/> If it is safe to do so, check the person and the person's ABCs.		
Call	<input type="checkbox"/> Shout for help.		
Care:			
Positioning	<input type="checkbox"/> Stand behind the person and wrap one of your arms diagonally across the person's chest. <input type="checkbox"/> Bend the person forward at the waist until the person's upper airway is at least parallel to the ground.		
Back Blows	<input type="checkbox"/> With the heel of your other hand, deliver five firm back blows between the shoulder blades. To deliver effective back blows, you may need to stand behind and slightly to the side of the person rather than directly behind the person.		
Abdominal Thrusts	<input type="checkbox"/> If the object has not been dislodged, make a fist and place it just above the belly button. <input type="checkbox"/> Place your other hand over the fist and pull sharply in and up, doing five abdominal thrusts. <input type="checkbox"/> Continue the cycle of five firm back blows and five abdominal thrusts until the object comes out or the person begins to breathe or cough or becomes unconscious.		
Continual Care	<input type="checkbox"/> If the person becomes unconscious, support the person to the ground, protecting the head. Place the person on his or her back. Recheck the person's ABCs. Call EMS/9-1-1, get an AED, and follow the steps for an unconscious, choking adult.		

Skills Checklist



Severe Choking—Conscious Child

Participant Name: _____

Date: _____

MUST-SEE STEPS	DETAILS	SKILL SUCCESSFULLY DEMONSTRATED	
		YES	NO
Preparing to Respond	<input type="checkbox"/> Wear gloves and use a barrier device.		
Check	<input type="checkbox"/> Check the scene to ensure it is safe. <input type="checkbox"/> If it is safe to do so, check the child and the child's ABCs.		
Call	<input type="checkbox"/> Shout for help.		
Care:			
Positioning	<input type="checkbox"/> Stand (or kneel for a small child) behind the child and wrap one of your arms diagonally across the child's chest. <input type="checkbox"/> Bend the child forward at the waist until the child's upper airway is at least parallel to the ground.		
Back Blows	<input type="checkbox"/> With the heel of your other hand, deliver five firm back blows between the shoulder blades. To deliver effective back blows, you may need to stand behind and slightly to the side of the child rather than directly behind the child.		
Abdominal Thrusts	<input type="checkbox"/> If the object has not been dislodged, make a fist and place it just above the belly button. <input type="checkbox"/> Place your other hand over the fist and pull sharply in and up, doing five abdominal thrusts. <input type="checkbox"/> Continue the cycle of five firm back blows and five abdominal thrusts until the object comes out or the child begins to breathe or cough or becomes unconscious.		
Continual Care	<input type="checkbox"/> If the child becomes unconscious, support the child to the ground, protecting the head. Place the child on his or her back. Recheck the child's ABCs. Call EMS/9-1-1, get an AED, and follow the steps for an unconscious, choking child.		

Skills Checklist



Severe Choking—Conscious, Larger or Pregnant Person

Participant Name: _____ Date: _____

MUST-SEE STEPS	DETAILS	SKILL SUCCESSFULLY DEMONSTRATED	
		YES	NO
Preparing to Respond	<input type="checkbox"/> Wear gloves and use a barrier device.		
Check	<input type="checkbox"/> Check the scene to ensure it is safe. <input type="checkbox"/> If it is safe to do so, check the person and the person's ABCs.		
Call	<input type="checkbox"/> Shout for help.		
Care:			
Positioning	<input type="checkbox"/> Stand behind the person and wrap both of your arms around the person's chest just under the armpits.		
Chest Thrusts	<input type="checkbox"/> Make a fist and place the thumb side of the fist in the middle of the person's chest. <input type="checkbox"/> Place your other hand over your fist and pull straight back towards you. If the first couple of thrusts are not effective, pull more sharply and deeply.		
Back Blows	<input type="checkbox"/> Continue to alternate between five firm back blows and five chest thrusts until the object comes out or the person begins to breathe or cough or becomes unconscious.		
Continual Care	<input type="checkbox"/> If the person becomes unconscious, support the person to the ground, protecting the head. Place the person on his or her back. Recheck the person's ABCs. Call EMS/9-1-1, get an AED, and follow the steps for an unconscious, choking adult.		

Skills Checklist



Severe Choking—Conscious Person in a Seated Position

Participant Name: _____ Date: _____

MUST-SEE STEPS	DETAILS	SKILL SUCCESSFULLY DEMONSTRATED	
		YES	NO
Preparing to Respond	<input type="checkbox"/> Wear gloves and use a barrier device.		
Check	<input type="checkbox"/> Check the scene to ensure it is safe. <input type="checkbox"/> If it is safe to do so, check the person and the person's ABCs.		
Call	<input type="checkbox"/> Shout for help.		
Care:			
Positioning	<input type="checkbox"/> If the person is in a wheelchair, lock the wheels of the wheelchair. <input type="checkbox"/> Kneel or crouch behind the person.		
Abdominal Thrusts/ Chest Thrusts	<input type="checkbox"/> Wrap both of your arms around the person's abdomen. <input type="checkbox"/> Make a fist with one hand and place the thumb side of the fist just above the person's belly button. <input type="checkbox"/> Grasp your fist with your other hand and pull sharply in and up five times. <input type="checkbox"/> Make a fist with one hand and place the thumb side of the fist in the middle of the person's chest. Place your other hand over your fist and pull straight back towards you sharply five times. <input type="checkbox"/> Continue to alternate between abdominal thrusts and chest thrusts until the object comes out or the person begins to breathe or cough or becomes unconscious.		
Continual Care	<input type="checkbox"/> If the person becomes unconscious, support the person to the ground, protecting the head. Place the person on his or her back. Recheck the person's ABCs. Call EMS/9-1-1, get an AED, and follow the steps for an unconscious, choking adult or child.		

Skills Checklist



Severe Choking—Conscious Person Choking Alone

Participant Name: _____ Date: _____

MUST-SEE STEPS	DETAILS	SKILL SUCCESSFULLY DEMONSTRATED	
		YES	NO
Call	<input type="checkbox"/> Dial EMS/9-1-1 and leave the phone off the hook. This will tell the dispatcher to send help.		
Care:			
Abdominal Thrusts	<input type="checkbox"/> If there are people nearby, move to a place where you can get noticed. <input type="checkbox"/> Drop your abdomen onto a safe object with no sharp edges or corners, such as the back of a chair. Try to dislodge the object by doing thrusts on the same area used for abdominal thrusts.		

Skills Checklist



Severe Choking—Conscious Baby

Participant Name: _____

Date: _____

MUST-SEE STEPS	DETAILS	SKILL SUCCESSFULLY DEMONSTRATED	
		YES	NO
Preparing to Respond	<input type="checkbox"/> Wear gloves and use a barrier device.		
Check	<input type="checkbox"/> Check the scene to ensure it is safe. <input type="checkbox"/> If it is safe to do so, check the baby and the baby's ABCs.		
Call	<input type="checkbox"/> Shout for help. <input type="checkbox"/> Send someone to call EMS/9-1-1 and to get an AED.		
Care:			
Positioning	<input type="checkbox"/> Kneel on the ground. Sandwich the baby between your forearms, supporting the head. <input type="checkbox"/> Turn the baby face down with the head lower than the body.		
Back Blows	<input type="checkbox"/> Lower your forearm onto your thigh. With the heel of your hand, deliver five firm back blows between the shoulder blades.		
Chest Thrusts	<input type="checkbox"/> If the object has not been dislodged, while still supporting the head, turn the baby face up, with your arm supported on your thigh. <input type="checkbox"/> Place two fingers on the middle of the chest just below the nipple line and "push hard, push fast"—at least 4 cm (1.5 in.) or $\frac{1}{3}$ to $\frac{1}{2}$ the depth of the baby's chest—five times. <input type="checkbox"/> Repeat the five firm back blows and five chest thrusts until the object is coughed up; the baby starts to cry, breathe, or cough; or the baby becomes unconscious.		
Continual Care	<input type="checkbox"/> If the baby becomes unconscious, follow the steps for an unconscious, choking baby.		

Skills Checklist



Unconscious, Choking Adult

Participant Name: _____

Date: _____

MUST-SEE STEPS	DETAILS	SKILL SUCCESSFULLY DEMONSTRATED	
		YES	NO
Preparing to Respond	<input type="checkbox"/> Wear gloves and use a barrier device.		
Check	<input type="checkbox"/> Check the scene to ensure it is safe. <input type="checkbox"/> If it is safe to do so, check the person and the person's ABCs.		
Call	<input type="checkbox"/> If the person does not respond, have someone call EMS/9-1-1 and get an AED. <input type="checkbox"/> If alone with an adult, call EMS/9-1-1 yourself, get an AED, and then return to care for the person.		
Care:			
Chest Compressions	<input type="checkbox"/> Start chest compressions in the middle of the person's chest. <input type="checkbox"/> "Push hard, push fast"—at least 5 cm (2 in.). Allow the chest to recoil after each compression. <input type="checkbox"/> Perform 30 compressions in about 18 seconds.		
Airway	<input type="checkbox"/> Open the airway using the head-tilt/chin-lift.		
Breathing	<input type="checkbox"/> Give one rescue breath lasting one second, with just enough volume to make the chest start to rise. <input type="checkbox"/> If the person's chest does not rise after the first breath, perform the head-tilt/chin-lift again, tilting the head farther back. <input type="checkbox"/> Attempt to give another breath. <input type="checkbox"/> If your breath still does not go in, repeat the cycle of 30 compressions, then look in the person's mouth by grasping both the tongue and lower jaw and lifting. <input type="checkbox"/> If the object is not visible, return to the rescue breathing steps. <input type="checkbox"/> If the object is visible, remove it with a finger sweep. Turn the head to the side, slide your finger down the inside of the person's cheek to the base of the tongue, and try to sweep the object out. When the object is out of the person's mouth, return to the rescue breathing steps. <input type="checkbox"/> After repositioning the head and attempting to give a second breath once, do not repeat the repositioning step between chest compression cycles.		
Considerations	<input type="checkbox"/> When both breaths go in and there is no obvious response, start the CPR sequence of 30 compressions and 2 breaths. <input type="checkbox"/> If there is any change in the person's condition during the CPR sequence, stop and check the person's ABCs. <input type="checkbox"/> If there are two First Aiders present, alternate every five cycles (about two minutes). <input type="checkbox"/> Continue CPR until an AED arrives, more advanced care takes over, the scene becomes unsafe, or you become physically unable to continue.		

Skills Checklist



Unconscious, Choking Child

Participant Name: _____

Date: _____

MUST-SEE STEPS	DETAILS	SKILL SUCCESSFULLY DEMONSTRATED	
		YES	NO
Preparing to Respond	<input type="checkbox"/> Wear gloves and use a barrier device.		
Check	<input type="checkbox"/> Check the scene to ensure it is safe. <input type="checkbox"/> If it is safe to do so, check the child and the child's ABCs.		
Call	<input type="checkbox"/> If the child does not respond, have someone call EMS/9-1-1 and get an AED. <input type="checkbox"/> If alone with a child, do five cycles (two minutes) of CPR first, then call EMS/9-1-1, get an AED, and return to care for the child.		
Care:			
Chest Compressions	<input type="checkbox"/> Start chest compressions in the middle of the child's chest. <input type="checkbox"/> "Push hard, push fast"—at least 5 cm (2 in.) or 1/3 to 1/2 the depth of the child's chest. Allow the chest to recoil after each compression. <input type="checkbox"/> Perform 30 compressions in about 18 seconds.		
Airway	<input type="checkbox"/> Open the airway using the head-tilt/chin-lift.		
Breathing	<input type="checkbox"/> Give one rescue breath lasting one second, with just enough volume to make the chest start to rise. <input type="checkbox"/> If the child's chest does not rise after the first breath, perform the head-tilt/chin-lift again, tilting the head farther back. <input type="checkbox"/> Attempt to give another breath. <input type="checkbox"/> If your breath still does not go in, repeat the cycle of 30 compressions, then look in the child's mouth by grasping both the tongue and lower jaw and lifting. <input type="checkbox"/> If the object is not visible, return to the rescue breathing steps. <input type="checkbox"/> If the object is visible, remove it with a finger sweep. Turn the head to the side, slide your finger down the inside of the cheek to the base of the tongue, and try to sweep the object out. When the object is out of the child's mouth, return to the rescue breathing steps. <input type="checkbox"/> After repositioning the head and attempting to give a second breath once, do not repeat the repositioning step between chest compression cycles.		
Considerations	<input type="checkbox"/> When both breaths go in and there is no obvious response, start the CPR sequence of 30 compressions and 2 breaths. <input type="checkbox"/> If there is any change in the child's condition during the CPR sequence, stop and check the child's ABCs. <input type="checkbox"/> If there are two First Aiders present, alternate every five cycles (about two minutes). <input type="checkbox"/> Continue CPR until an AED arrives, more advanced care takes over, the scene becomes unsafe, or you become physically unable to continue.		

Skills Checklist



Unconscious, Choking Baby

Participant Name: _____

Date: _____

MUST-SEE STEPS	DETAILS	SKILL SUCCESSFULLY DEMONSTRATED	
		YES	NO
Preparing to Respond	<input type="checkbox"/> Wear gloves and use a barrier device.		
Check	<input type="checkbox"/> Check the scene to ensure it is safe. <input type="checkbox"/> If it is safe to do so, check the baby and the baby's ABCs.		
Call	<input type="checkbox"/> If the baby does not respond, have someone call EMS/9-1-1 and get an AED. <input type="checkbox"/> If alone with a baby, do five cycles (two minutes) of CPR first. If a head and/or spine injury is not suspected, take the baby with you to call EMS/9-1-1 and get an AED, then return to providing care.		
Care:			
Chest Compressions	<input type="checkbox"/> Start chest compressions with two fingers in the middle of the baby's chest. <input type="checkbox"/> "Push hard, push fast"—at least 4 cm (1.5 in.) or $\frac{1}{3}$ to $\frac{1}{2}$ the depth of the baby's chest. Allow the chest to recoil after each compression. <input type="checkbox"/> Perform 30 compressions in about 18 seconds.		
Airway	<input type="checkbox"/> Open the airway using the head-tilt/chin-lift.		
Breathing	<input type="checkbox"/> Give one rescue breath lasting one second, with just enough volume to make the chest start to rise. <input type="checkbox"/> If the baby's chest does not rise after the first breath, perform the head-tilt/chin-lift again. <input type="checkbox"/> Attempt to give another breath. <input type="checkbox"/> If your breath still does not go in, repeat the cycle of 30 compressions, then look in the baby's mouth by grasping both the tongue and lower jaw and lifting. <input type="checkbox"/> If the object is not visible, return to the rescue breathing steps. <input type="checkbox"/> If the object is visible, remove it with a finger sweep. Turn the head to the side, slide your finger down the inside of the cheek to the base of the tongue, and try to sweep the object out. When the object is out of the baby's mouth, return to the rescue breathing steps. <input type="checkbox"/> After repositioning the head and attempting to give a second breath once, do not repeat the repositioning step between chest compression cycles.		
Considerations	<input type="checkbox"/> When both breaths go in and there is no obvious response, start the CPR sequence of 30 compressions and 2 breaths. <input type="checkbox"/> If there is any change in the baby's condition during the CPR sequence, stop and check the baby's ABCs. <input type="checkbox"/> If there are two First Aiders present, alternate every five cycles (about two minutes).		

Skills Checklist

Unconscious, Choking Baby (continued)

MUST-SEE STEPS	DETAILS	SKILL SUCCESSFULLY DEMONSTRATED	
		YES	NO
Considerations	<input type="checkbox"/> Continue CPR until an AED arrives, more advanced care takes over, the scene becomes unsafe, or you become physically unable to continue.		

Skills Checklist



External Deadly Bleeding

Participant Name: _____

Date: _____

MUST-SEE STEPS	DETAILS	SKILL SUCCESSFULLY DEMONSTRATED	
		YES	NO
Preparing to Respond	<input type="checkbox"/> Wear gloves and use a barrier device.		
Check	<input type="checkbox"/> Check the scene to ensure it is safe. <input type="checkbox"/> If it is safe to do so, check the person and the person's ABCs.		
Call	<input type="checkbox"/> Have someone call EMS/9-1-1 and get an AED. If alone, call EMS/9-1-1 yourself, get an AED, and then return to care for the person.		
Care	<input type="checkbox"/> Expose the wound. <input type="checkbox"/> Apply direct pressure to the bleeding. <input type="checkbox"/> Secure the dressing. <input type="checkbox"/> Ensure the person's ABCs are present.		

Skills Checklist



CPR—Adult

Participant Name: _____

Date: _____

MUST-SEE STEPS	DETAILS	SKILL SUCCESSFULLY DEMONSTRATED	
		YES	NO
Preparing to Respond	<input type="checkbox"/> Wear gloves and use a barrier device.		
Check	<input type="checkbox"/> Check the scene to ensure it is safe. <input type="checkbox"/> If it is safe to do so, check the person and the person's ABCs.		
Call	<input type="checkbox"/> If the person does not respond, have someone call EMS/9-1-1 and get an AED. <input type="checkbox"/> If alone with an adult, call EMS/9-1-1 yourself, get an AED, and then return to care for the person.		
Care:			
Chest Compressions	<input type="checkbox"/> Start chest compressions in the middle of the person's chest. <input type="checkbox"/> "Push hard, push fast"—at least 5 cm (2 in.). Allow the chest to recoil after each compression. <input type="checkbox"/> Perform 30 compressions in about 18 seconds.		
Airway	<input type="checkbox"/> After 30 compressions, open the person's airway with a head-tilt/chin-lift.		
Breathing	<input type="checkbox"/> Give two rescue breaths, each lasting one second, with just enough volume to make the chest start to rise.		
Considerations	<input type="checkbox"/> If both breaths go in, repeat the cycle of 30 compressions and 2 breaths until an AED arrives, more advanced care takes over, the scene becomes unsafe, or you become physically unable to continue. <input type="checkbox"/> If breaths do not go in, provide care for obstructed airway. <input type="checkbox"/> If there is any change in the person's condition during CPR, stop and check the person's ABCs. <input type="checkbox"/> If there are two First Aiders present, alternate every five cycles (about two minutes).		
AED	<input type="checkbox"/> When the AED arrives, turn it on and follow the voice prompts while minimizing interruptions in chest compressions. <input type="checkbox"/> Remove any clothing or objects from the person that may come in contact with the pads. Check for a pacemaker. <input type="checkbox"/> Make sure the chest is dry and free of hair so the pads can stick. <input type="checkbox"/> Using the appropriate pads, follow the diagrams to place them on the person. <input type="checkbox"/> Follow the AED's automated prompts. <input type="checkbox"/> When prompted to give a shock, stand clear and say, "I'm clear, you're clear, everybody's clear." Make sure that no one is touching the person in cardiac arrest during the "analyze" and "shock" modes.		

Skills Checklist



CPR—Child

Participant Name: _____

Date: _____

MUST-SEE STEPS	DETAILS	SKILL SUCCESSFULLY DEMONSTRATED	
		YES	NO
Preparing to Respond	<input type="checkbox"/> Wear gloves and use a barrier device.		
Check	<input type="checkbox"/> Check the scene to ensure it is safe <input type="checkbox"/> If it is safe to do so, check the child and the child's ABCs.		
Call	<input type="checkbox"/> If the child does not respond, have someone call EMS/9-1-1 and get an AED. <input type="checkbox"/> If alone with a child, do five cycles (two minutes) of CPR first, then call EMS/9-1-1, get an AED, and return to care for the child.		
Care:			
Chest Compressions	<input type="checkbox"/> Start chest compressions in the middle of the child's chest. <input type="checkbox"/> "Push hard, push fast"—at least 5 cm (2 in.) or $\frac{1}{3}$ to $\frac{1}{2}$ the depth of the child's chest. Allow the chest to recoil after each compression. <input type="checkbox"/> Perform 30 compressions in about 18 seconds.		
Airway	<input type="checkbox"/> After 30 compressions, open the child's airway with a head-tilt/chin-lift.		
Breathing	<input type="checkbox"/> Give two rescue breaths, each lasting one second, with just enough volume to make the chest start to rise.		
Considerations	<input type="checkbox"/> If both breaths go in, repeat the cycle of 30 compressions and 2 breaths until an AED arrives, more advanced care takes over, the scene becomes unsafe, or you become physically unable to continue. <input type="checkbox"/> If breaths do not go in, provide care for obstructed airway. <input type="checkbox"/> If there is any change in the child's condition during CPR, stop and check the child's ABCs. <input type="checkbox"/> If there are two First Aiders present, alternate every five cycles (about two minutes).		
AED	<input type="checkbox"/> When the AED arrives, turn it on and follow the voice prompts while minimizing interruptions in chest compressions. <input type="checkbox"/> Remove any clothing or objects from the child that may come in contact with the pads. Check for a pacemaker. <input type="checkbox"/> Make sure the chest is dry so the pads can stick. <input type="checkbox"/> Using the appropriate pads, follow the diagrams to place them on the child. <input type="checkbox"/> Follow the AED's automated prompts. <input type="checkbox"/> When prompted to give a shock, stand clear and say, "I'm clear, you're clear, everybody's clear." Make sure that no one is touching the child in cardiac arrest during the "analyze" and "shock" modes.		

Skills Checklist



CPR—Baby

Participant Name: _____ Date: _____

MUST-SEE STEPS	DETAILS	SKILL SUCCESSFULLY DEMONSTRATED	
		YES	NO
Preparing to Respond	<input type="checkbox"/> Wear gloves and use a barrier device.		
Check	<input type="checkbox"/> Check the scene to ensure it is safe. <input type="checkbox"/> If it is safe to do so, check the baby and the baby's ABCs.		
Call	<input type="checkbox"/> If the baby does not respond, have someone call EMS/9-1-1 and get an AED. <input type="checkbox"/> If alone with a baby, do five cycles (two minutes) of CPR first. As long as a head and/or spine injury is not suspected, take the baby with you to call EMS/9-1-1 and get an AED, then return to providing care.		
Care:			
Chest Compressions	<input type="checkbox"/> Keep the airway open by using your hand to maintain a head-tilt. <input type="checkbox"/> Start chest compressions with two fingers in the middle of the baby's chest. <input type="checkbox"/> "Push hard, push fast"—at least 4 cm (1.5 in.) or 1/3 to 1/2 the depth of the baby's chest. Allow the chest to recoil after each compression. <input type="checkbox"/> Perform 30 compressions in about 18 seconds.		
Breathing	<input type="checkbox"/> Give two rescue breaths, each lasting one second, with just enough volume to make the chest start to rise.		
Considerations	<input type="checkbox"/> If both breaths go in, repeat the cycle of 30 compressions and 2 breaths until an AED arrives, more advanced care takes over, the scene becomes unsafe, or you become physically unable to continue. <input type="checkbox"/> If breaths do not go in, provide care for obstructed airway. <input type="checkbox"/> If there is any change in the baby's condition during CPR, stop and check the baby's ABCs. <input type="checkbox"/> If there are two First Aiders present, alternate every five cycles (about two minutes).		
AED	<input type="checkbox"/> When the AED arrives, turn it on and follow the voice prompts while minimizing interruptions in chest compressions. <input type="checkbox"/> Remove any clothing or objects from the baby that may come in contact with the pads. Check for a pacemaker. <input type="checkbox"/> Make sure the chest is dry so the pads can stick. <input type="checkbox"/> Using the appropriate pads, follow the diagrams to place them on the baby. <input type="checkbox"/> Follow the AED's automated prompts. <input type="checkbox"/> When prompted to give a shock, stand clear and say, "I'm clear, you're clear, everybody's clear." Make sure that no one is touching the baby in cardiac arrest during the "analyze" and "shock" modes.		

Skills Checklist



Tube Sling for Collarbone Fracture*

* This skill is not required for standalone CPR courses.

Participant Name: _____ Date: _____

MUST-SEE STEPS	DETAILS	SKILL SUCCESSFULLY DEMONSTRATED	
		YES	NO
Preparing to Respond	<input type="checkbox"/> Wear gloves and have a barrier device available.		
Check	<input type="checkbox"/> Check the scene to ensure it is safe. <input type="checkbox"/> If it is safe to do so, check the person and the person's ABCs.		
Call	<input type="checkbox"/> Call EMS/9-1-1 and get an AED if there is a problem with the person's ABCs, the person has multiple injuries or an altered level of consciousness, or if the injury makes walking difficult or involves the head, spine, thigh bone, or pelvis.		
Care	<input type="checkbox"/> Treat the injury using the RICE method. <input type="checkbox"/> Check circulation by comparing the warmth and colour of the fingers with the other hand. <input type="checkbox"/> Put the forearm of the injured side across the chest, with the fingers pointing at the opposite arm. <input type="checkbox"/> Position the open triangular bandage over the forearm and hand. <input type="checkbox"/> The point of the triangular bandage should extend past the elbow and shoulder. <input type="checkbox"/> Support the forearm and carefully tuck the bandage under from the hand to the elbow. <input type="checkbox"/> Carry the end of the bandage near the elbow around the back. <input type="checkbox"/> Twist the top of the point of the bandage near the elbow to secure the elbow from coming out of the sling. <input type="checkbox"/> Adjust the height of the sling to make sure it is supporting the arm. <input type="checkbox"/> Tie the ends together in the hollow of the neck on the uninjured side. <input type="checkbox"/> Pad between the arm and the body, in the natural hollow, with a soft, firm material. <input type="checkbox"/> Tie a broad bandage from the elbow on the injured side across the body. <input type="checkbox"/> Recheck circulation and ask the person if there is any numbness or tingling in the fingers. <input type="checkbox"/> Ensure the person's ABCs are present. <input type="checkbox"/> Perform a secondary survey and treat any non-life-threatening conditions.		

Skills Checklist



Regular Sling and Binder*

* This skill is not required for standalone CPR courses.

Participant Name: _____ Date: _____

MUST-SEE STEPS	DETAILS	SKILL SUCCESSFULLY DEMONSTRATED	
		YES	NO
Preparing to Respond	<input type="checkbox"/> Wear gloves and have a barrier device available.		
Check	<input type="checkbox"/> Check the scene to ensure it is safe. <input type="checkbox"/> If it is safe to do so, check the person and the person's ABCs.		
Call	<input type="checkbox"/> Call EMS/9-1-1 and get an AED if there is a problem with the person's ABCs, the person has multiple injuries or an altered level of consciousness, or if the injury makes walking difficult or involves the head, spine, thigh bone, or pelvis.		
Care	<input type="checkbox"/> Treat the injury using the RICE method. <input type="checkbox"/> Check circulation by comparing the warmth and colour of the fingers with the other hand. <input type="checkbox"/> From the most comfortable position, have the person support the injured arm, holding it across the body with the fingers pointed at the opposite shoulder. <input type="checkbox"/> Position the open triangular bandage under the injured arm, against the body. The point of the triangular bandage should extend past the elbow. The opposite, or bottom, end should be straight up and down on the body with the upper end over the shoulder. <input type="checkbox"/> Take the bottom end of the bandage and place it over the opposite shoulder. <input type="checkbox"/> Tie the bandage at the back of the neck, without creating any discomfort. <input type="checkbox"/> Twist the top of the point of the bandage. <input type="checkbox"/> Tie a broad bandage from the elbow on the injured side across the body. <input type="checkbox"/> Recheck circulation and ask the person if there is any numbness or tingling in the fingers. <input type="checkbox"/> Ensure the person's ABCs are present. <input type="checkbox"/> Perform a secondary survey and treat any non-life-threatening conditions.		

Skills Checklist



Rigid Splint for Lower Arm*

* This skill is not required for standalone CPR courses.

Participant Name: _____ Date: _____

MUST-SEE STEPS	DETAILS	SKILL SUCCESSFULLY DEMONSTRATED	
		YES	NO
Preparing to Respond	<input type="checkbox"/> Wear gloves and have a barrier device available.		
Check	<input type="checkbox"/> Check the scene to ensure it is safe. <input type="checkbox"/> If it is safe to do so, check the person and the person's ABCs.		
Call	<input type="checkbox"/> Call EMS/9-1-1 and get an AED if there is a problem with the person's ABCs, the person has multiple injuries or an altered level of consciousness, or if the injury makes walking difficult or involves the head, spine, thigh bone, or pelvis.		
Care	<input type="checkbox"/> Treat the injury using the RICE method. <input type="checkbox"/> Check the skin temperature and colour below the injured area before and after splinting. <input type="checkbox"/> When possible, splint the injured arm in the position in which it was found. <input type="checkbox"/> For bone and joint injuries, immobilize above and below the site of the injury. <input type="checkbox"/> Pad the splint to make the person more comfortable. <input type="checkbox"/> Ensure the person's ABCs are present. <input type="checkbox"/> Perform a secondary survey and treat any non-life-threatening conditions.		

Skills Checklist



Anatomical Splint for Leg*

* This skill is not required for standalone CPR courses.

Participant Name: _____ Date: _____

MUST-SEE STEPS	DETAILS	SKILL SUCCESSFULLY DEMONSTRATED	
		YES	NO
Preparing to Respond	<input type="checkbox"/> Wear gloves and have a barrier device available.		
Check	<input type="checkbox"/> Check the scene to ensure it is safe. <input type="checkbox"/> If it is safe to do so, check the person and the person's ABCs.		
Call	<input type="checkbox"/> Call EMS/9-1-1 and get an AED if there is a problem with the person's ABCs, the person has multiple injuries or an altered level of consciousness, or if the injury makes walking difficult or involves the head, spine, thigh bone, or pelvis.		
Care	<input type="checkbox"/> Treat the injury using the RICE method. <input type="checkbox"/> Check the skin temperature and colour below the injured area before and after splinting. <input type="checkbox"/> When possible, splint the injured leg in the position in which it was found. <input type="checkbox"/> For bone and joint injuries, immobilize above and below the site of the injury. <input type="checkbox"/> Pad the splint to make the person more comfortable. <input type="checkbox"/> Ensure the person's ABCs are present. <input type="checkbox"/> Perform a secondary survey and treat any non-life-threatening conditions.		

Skills Checklist



Soft Splint for Ankle*

* This skill is not required for standalone CPR courses.

Participant Name: _____ Date: _____

MUST-SEE STEPS	DETAILS	SKILL SUCCESSFULLY DEMONSTRATED	
		YES	NO
Preparing to Respond	<input type="checkbox"/> Wear gloves and have a barrier device available.		
Check	<input type="checkbox"/> Check the scene to ensure it is safe. <input type="checkbox"/> If it is safe to do so, check the person and the person's ABCs.		
Call	<input type="checkbox"/> Call EMS/9-1-1 or if the person needs transportation. <input type="checkbox"/> Call EMS/9-1-1 and get an AED if there is a problem with the person's ABCs, the person has multiple injuries or an altered level of consciousness, or if the injury makes walking difficult or involves the head, spine, thigh bone, or pelvis.		
Care	<input type="checkbox"/> Treat the injury using the RICE method. <input type="checkbox"/> Check the skin temperature and colour below the injured area before and after splinting. <input type="checkbox"/> When possible, splint the injured ankle in the position in which it was found. <input type="checkbox"/> Immobilize the ankle by splinting the bone above and below the site of the injury. <input type="checkbox"/> Pad the splint to make the person more comfortable. <input type="checkbox"/> Ensure the person's ABCs are present.		

Skills Checklist



Healthcare Provider Two-Rescuer Rescue Breathing—Adult

Participant Name: _____

Date: _____

MUST-SEE STEPS	DETAILS	SKILL SUCCESSFULLY DEMONSTRATED	
		YES	NO
Preparing to Respond	<input type="checkbox"/> Wear gloves and use a barrier device.		
Check	<input type="checkbox"/> Check the scene to ensure it is safe. <input type="checkbox"/> If it is safe to do so, check the person and the person's ABCs.		
Call	<input type="checkbox"/> If the person does not respond, have someone call EMS/9-1-1 and get an AED.		
Care:			
Breathing	<input type="checkbox"/> If normal breathing is not present, one rescuer opens the person's airway with a head-tilt/chin-lift and/or jaw thrust and seals the mask on the person's face. <input type="checkbox"/> The second rescuer squeezes the bag to give two breaths/ventilations with just enough volume to make the chest start to rise. <input type="checkbox"/> If there is a pulse, continue rescue breathing. Give one breath/ventilation every five to six seconds. <input type="checkbox"/> After two minutes of rescue breathing, check again for signs of circulation and normal breathing for no longer than 5 to 10 seconds. <input type="checkbox"/> If there are signs of circulation and breathing, perform a secondary survey and treat any non-life-threatening conditions.* <input type="checkbox"/> If there are signs of circulation but no breathing, continue rescue breathing. <input type="checkbox"/> If there are no signs of circulation, start CPR. * This skill is not required for standalone CPR courses.		

Skills Checklist



Healthcare Provider Two-Rescuer Rescue Breathing—Child

Participant Name: _____ Date: _____

MUST-SEE STEPS	DETAILS	SKILL SUCCESSFULLY DEMONSTRATED	
		YES	NO
Preparing to Respond	<input type="checkbox"/> Wear gloves and use a barrier device.		
Check	<input type="checkbox"/> Check the scene to ensure it is safe. <input type="checkbox"/> If it is safe to do so, check the child and the child's ABCs.		
Call	<input type="checkbox"/> If the child does not respond, have someone call EMS/9-1-1 and get an AED.		
Care:			
Breathing	<input type="checkbox"/> If normal breathing is not present, one rescuer opens the child's airway with a head-tilt/chin-lift and/or jaw thrust and seals the mask on the child's face. <input type="checkbox"/> The second rescuer squeezes the bag to give two breaths/ventilations with just enough volume to make the chest start to rise. <input type="checkbox"/> If there is a pulse, continue rescue breathing. Give one breath/ventilation every three to five seconds. <input type="checkbox"/> After two minutes of rescue breathing, check again for signs of circulation and normal breathing for no longer than 5 to 10 seconds. <input type="checkbox"/> If there are signs of circulation and breathing, perform a secondary survey and treat any non-life-threatening conditions.* <input type="checkbox"/> If there are signs of circulation but no breathing, continue rescue breathing. <input type="checkbox"/> If there are no signs of circulation, start CPR. * This skill is not required for standalone CPR courses.		

Skills Checklist



Healthcare Provider Two-Rescuer Rescue Breathing—Baby

Participant Name: _____

Date: _____

MUST-SEE STEPS	DETAILS	SKILL SUCCESSFULLY DEMONSTRATED	
		YES	NO
Preparing to Respond	<input type="checkbox"/> Wear gloves and use a barrier device.		
Check	<input type="checkbox"/> Check the scene to ensure it is safe. <input type="checkbox"/> If it is safe to do so, check the baby and the baby's ABCs.		
Call	<input type="checkbox"/> If the baby does not respond, have someone call EMS/9-1-1 and get an AED.		
Care:			
Breathing	<input type="checkbox"/> If normal breathing is not present, one rescuer opens the baby's airway with a head-tilt/chin-lift and seals the mask on the baby's face. <input type="checkbox"/> The second rescuer squeezes the bag to give two breaths/ventilations with just enough volume to make the chest start to rise. <input type="checkbox"/> If there is a pulse, continue rescue breathing. Give one breath/ventilation every three to five seconds. <input type="checkbox"/> After two minutes of rescue breathing, check again for signs of circulation and normal breathing for no more than 5 to 10 seconds. Feel for a brachial pulse. <input type="checkbox"/> If there are signs of circulation and breathing, perform a secondary survey and treat any non-life-threatening conditions.* <input type="checkbox"/> If there are signs of circulation but no breathing, continue rescue breathing. <input type="checkbox"/> If there are no signs of circulation, start CPR. * This skill is not required for standalone CPR courses.		

Skills Checklist



Healthcare Provider Two-Rescuer CPR—Adult

Participant Name: _____

Date: _____

MUST-SEE STEPS	DETAILS	SKILL SUCCESSFULLY DEMONSTRATED	
		YES	NO
Preparing to Respond	<input type="checkbox"/> Wear gloves and use a barrier device.		
Check	<input type="checkbox"/> Check the scene to ensure it is safe. <input type="checkbox"/> If it is safe to do so, check the person and the person's ABCs.		
Call	<input type="checkbox"/> If the person does not respond, have someone call EMS/9-1-1 and get an AED.		
Care:			
Chest Compressions	<input type="checkbox"/> First rescuer performs chest compressions in the middle of the person's chest. <input type="checkbox"/> "Push hard, push fast"—at least 5 cm (2 in.). Allow the chest to recoil after each compression. <input type="checkbox"/> Perform 30 compressions in about 18 seconds.		
Airway	<input type="checkbox"/> Second rescuer maintains the head-tilt/chin-lift and/or jaw thrust with the BVM.		
Breathing	<input type="checkbox"/> After 30 compressions, first rescuer gives two rescue breaths/ventilations, each lasting one second, with just enough volume to make the chest start to rise. <input type="checkbox"/> If both breaths go in and there is no obvious response, continue the CPR sequence of 30 compressions and 2 breaths. <input type="checkbox"/> If breaths do not go in, provide care for obstructed airway.		
AED	<input type="checkbox"/> When the AED arrives, turn it on and follow the voice prompts while minimizing interruptions in chest compressions. <input type="checkbox"/> Remove any clothing or objects from the person that may come in contact with the pads. Check for a pacemaker. <input type="checkbox"/> Make sure the chest is dry and free of hair so the pads can stick. <input type="checkbox"/> Using the appropriate pads, follow the diagrams to place them on the person. <input type="checkbox"/> Follow the AED's automated prompts. <input type="checkbox"/> When prompted to give a shock, stand clear and say, "I'm clear, you're clear, everybody's clear." Make sure that no one is touching the person in cardiac arrest during the "analyze" and "shock" modes.		
Considerations	<input type="checkbox"/> If there is any change in the person's condition during the CPR sequence, stop and check the person's ABCs. <input type="checkbox"/> Rescuers switch positions every two minutes (after five cycles). <input type="checkbox"/> Continue CPR until an AED arrives, more advanced care takes over, the scene becomes unsafe, or you become physically unable to continue.		

Skills Checklist



Healthcare Provider Two-Rescuer CPR—Child

Participant Name: _____

Date: _____

MUST-SEE STEPS	DETAILS	SKILL SUCCESSFULLY DEMONSTRATED	
		YES	NO
Preparing to Respond	<input type="checkbox"/> Wear gloves and use a barrier device.		
Check	<input type="checkbox"/> Check the scene to ensure it is safe. <input type="checkbox"/> If it is safe to do so, check the child and the child's ABCs.		
Call	<input type="checkbox"/> If the child does not respond, have someone call EMS/9-1-1 and get an AED.		
Care:			
Chest Compressions	<input type="checkbox"/> First rescuer performs chest compressions in the middle of the child's chest. <input type="checkbox"/> "Push hard, push fast"—at least 5 cm (2 in.) or 1/2 to 1/3 depth of the child's chest. Allow the chest to recoil after each compression. <input type="checkbox"/> Perform 15 compressions in about 9 seconds.		
Airway	<input type="checkbox"/> Second rescuer maintains the head-tilt/chin-lift and/or jaw thrust with the BVM.		
Breathing	<input type="checkbox"/> After 15 compressions, first rescuer gives two rescue breaths/ventilations, each lasting one second, with just enough volume to make the chest start to rise. <input type="checkbox"/> If both breaths go in and there is no obvious response, continue the CPR sequence of 15 compressions and 2 breaths. <input type="checkbox"/> If breaths do not go in, provide care for obstructed airway.		
AED	<input type="checkbox"/> When the AED arrives, turn it on and follow the voice prompts while minimizing interruptions in chest compressions. <input type="checkbox"/> Remove any clothing or objects from the child that may come in contact with the pads. Check for a pacemaker. <input type="checkbox"/> Make sure the chest is dry so the pads can stick. <input type="checkbox"/> Using the appropriate pads, follow the diagrams to place them on the child. <input type="checkbox"/> Follow the AED's automated prompts. <input type="checkbox"/> When prompted to give a shock, stand clear and say, "I'm clear, you're clear, everybody's clear." Make sure that no one is touching the child in cardiac arrest during the "analyze" and "shock" modes.		
Considerations	<input type="checkbox"/> If there is any change in the child's condition during the CPR sequence, stop and check the child's ABCs. <input type="checkbox"/> Rescuers switch positions every two minutes (after five cycles). <input type="checkbox"/> Continue CPR until an AED arrives, more advanced care takes over, the scene becomes unsafe, or you become physically unable to continue.		

Skills Checklist



Healthcare Provider Two-Rescuer CPR—Baby

Participant Name: _____

Date: _____

MUST-SEE STEPS	DETAILS	SKILL SUCCESSFULLY DEMONSTRATED	
		YES	NO
Preparing to Respond	<input type="checkbox"/> Wear gloves and use a barrier device.		
Check	<input type="checkbox"/> Check the scene to ensure it is safe. <input type="checkbox"/> If it is safe to do so, check the baby and the baby's ABCs.		
Call	<input type="checkbox"/> If the baby does not respond, have someone call EMS/9-1-1 and get an AED.		
Care:			
Chest Compressions	<input type="checkbox"/> First rescuer performs chest compressions in the middle of the baby's chest. <input type="checkbox"/> "Push hard, push fast"—at least 4 cm (1.5 in.) or ½ to ⅓ the depth of the baby's chest. Allow the chest to recoil after each compression. <input type="checkbox"/> Perform 15 compressions in about 9 seconds.		
Airway	<input type="checkbox"/> Second rescuer maintains the head-tilt/chin-lift and/or jaw thrust with the BVM.		
Breathing	<input type="checkbox"/> After 15 compressions, first rescuer gives two rescue breaths/ventilations, each lasting one second, with just enough volume to make the chest start to rise. <input type="checkbox"/> If both breaths go in and there is no obvious response, continue the CPR sequence of 15 compressions and 2 breaths.		
Considerations	<input type="checkbox"/> If there is any change in the baby's condition during the CPR sequence, stop and check the baby's ABCs. <input type="checkbox"/> Rescuers switch positions every two minutes (after five cycles).		
AED	<input type="checkbox"/> When the AED arrives, turn it on and follow the voice prompts while minimizing interruptions in chest compressions. <input type="checkbox"/> Remove any clothing or objects from the baby that may come in contact with the pads. Check for a pacemaker. <input type="checkbox"/> Make sure the chest is dry so the pads can stick. <input type="checkbox"/> Using the appropriate pads, follow the diagrams to place them on the baby. <input type="checkbox"/> Follow the AED's automated prompts. <input type="checkbox"/> When prompted to give a shock, stand clear and say, "I'm clear, you're clear, everybody's clear." Make sure that no one is touching the baby in cardiac arrest during the "analyze" and "shock" modes.		

Skills Checklist

Healthcare Provider Two-Rescuer CPR—Baby (continued)

MUST-SEE STEPS	DETAILS	SKILL SUCCESSFULLY DEMONSTRATED	
		YES	NO
Alternate Method	<input type="checkbox"/> One rescuer maintains the head-tilt/chin-lift and/or jaw thrust while the second rescuer encircles the baby's chest with both hands, spreading his or her fingers around the baby's back and placing both thumbs on the lower half of the baby's breastbone. <input type="checkbox"/> While the first rescuer maintains the head-tilt/chin-lift and/or jaw thrust, the second rescuer gives rescue breaths/ventilations, maintaining a ratio of 15 compressions to 2 breaths/ventilations.		