



## Skill Evaluation Checklist

Keep form for 2 years as proof of completed evaluations

### Adult CPR/AED & First Aid

Instructor/Skill Evaluator
Date:
Printed Name:
Registry #:
Signature:

Student Name(s)											
[Print Clearly. Up to 12 students can be listed on this checklist form.]											
1.	2.	3.	4.	5.	6.	7.	8.	9.	10.	11.	12.

#### Required Skill Scenarios– 2020 CPR and First Aid ECC/ILCOR Guidelines

Adult CPR												
AED												
Adult Conscious Choking												
Adult Unconscious Choking												
Bleeding Control												
INDIVIDUAL SKILLS   Assess during skill scenarios												
Assessing the scene for safety												
Using personal protective equipment: • Gloves • FaceShield/Rescue Mask												
Assessing patient responsiveness												
Giving Compressions: Adult   2 hands on the center of the chest between the nipples												
Open Airway using a head tilt chin lift												
Giving breaths: Adult and Child   Covering mouth												
Removing a foreign object												
Direct pressure to control bleeding												
For Classroom: Passed Written Test 80%												



# SKILL PRACTICE SHEETS

## ADULT CPR/AED & FIRST AID

Required Skill Scenarios
Adult CPR
AED
Adult Conscious Choking
Adult Unconscious Choking
Bleeding Control

Individual Skills
Assessing the scene for safety
Using personal protective equipment: <ul style="list-style-type: none"> <li>• Gloves</li> <li>• FaceShield</li> </ul>
Assessing patient responsiveness
Giving Compressions: <ul style="list-style-type: none"> <li>Adult   2 hands on the center of the chest between the nipples</li> </ul>
Opening the Airway using a head tilt chin lift
Giving breaths: <ul style="list-style-type: none"> <li>Adult and Child   Covering mouth</li> </ul>
Removing a foreign object
Direct pressure to control bleeding



# ADULT CPR



## 1 Check Scene:

Check for safety, apply gloves and prepare face shield.



## 2 Check Person:

Check for responsiveness by holding head still, tapping and shouting. Look at chest and face to determine no normal breathing.



## 3 Call 911:

If unresponsive or a life-threatening condition exists, send someone to call 911 and get an AED if available.



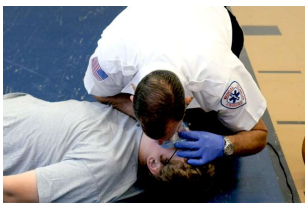
## 4 30 Compressions:

Use 2 hands, give 30 chest compressions, at a rate of 100-120 compressions/minute, at 2-2.4 inches deep.



## 5 Open Airway:

Open Airway using a head tilt chin lift technique. Look in the mouth for any obstructions.



## 6 Give 2 Breaths:

Give 2 breaths lasting 1 second each making sure the chest rises and falls with each breath.



## 7 Continue CPR:

Give cycles of 30 chest compressions, followed by 2 breaths.

## Adult CPR/AED & First Aid

### SCENARIO

You are watching a basketball game when a player collapses on the court. What would you do?

### REQUIRED EQUIPMENT: Adult Manikin



### WHEN TO STOP:

- If the patient shows signs of life
- Trained personnel or EMS take over
- The scene becomes unsafe
- An AED is ready to use
- The rescuer is too exhausted to continue



# AED



## 1 Power on the AED:

Check to make sure it is safe to use the AED. Unsafe conditions include, victim in water, on metal surface, flammable gas...



## 2 Bare the Chest:

Follow directions of AED. Dry any wet are as on chest, remove any patches, shave hair if needed.



## 3 Apply Pads:

Peel off backing and place pads as the picture on the pads shows. Press down firmly to assure pads are securely affixed.



## 4 Plug in Connector:

Follow AED directions. Some AED models have pre-connected electrodes and will sense when pads are secure.



## 5 Stand Clear:

Don't touch the victim while the AED is analyzing or charging.



## 6 Push Shock Button:

Shout, "Clear," and make sure no one is touching patient.



## 7 30 Compressions:

Give 5 cycles of 30 chest compressions, at a rate of 100-120 compressions/minute, followed with 2 breaths.

**NOTE:** Don't wait. Begin compressions immediately after the shock is delivered.



## 8 After 2 Minutes:

The AED will reanalyze. If AED says, "No shock advised," continue CPR if no signs of life. Follow AED prompts.

## Adult CPR/AED & First Aid

### SCENARIO

You are performing CPR on a person when an AED arrives and is ready to use. What will you do?

**NOTE:** For victims 8 years old and younger, or under 55 lbs, use child pads. If victim is over 8 or 55 pounds, use adult pads. Adult pads can be used if no child sized pads are available. Make sure the pads do not touch. Place them on the child front and back like infant, if pads might touch with normal placement. For Infants, place one pad on the center of the chest and the other pad on the center of the back.

### REQUIRED EQUIPMENT:

Adult Manikin and AED Trainer



### WHEN TO STOP:

- If the patient shows signs of life
- Trained personnel or EMS take over
- The scene becomes unsafe
- The rescuer is too exhausted to continue



# ADULT CONSCIOUS CHOKING



## ① Check Person:

Ask, "Are you choking?" If the person cannot cough, speak or breath, he or she is choking and needs your help.



## ② Call 911:

Send someone to call 911. If no one is available to call, provide care first.



## ③ Stand Behind:

Place your foot between the person's feet and place your other foot firmly on the ground beside you.

NOTE: You will need to kneel down for a child in order to give effective abdominal thrusts.



## ④ Position Hands:

Find the navel. Tucking in the thumb, place the thumb side of the fist against the abdomen, just above the navel.



## ⑤ Give Thrusts:

Grasp the back of your fist, give inward-upward abdominal thrusts until object is out or person goes unconscious.

## Adult CPR/AED & First Aid

### SCENARIO

You are eating at a restaurant when a person stands up and grasps his throat. What would you do?

### REQUIRED EQUIPMENT: Adult Manikin



### WHEN TO STOP:

- The object comes out
- The scene becomes unsafe
- The person becomes unconscious (Call 911 and perform unconscious choking technique in this case)





# ADULT UNCONSCIOUS CHOKING



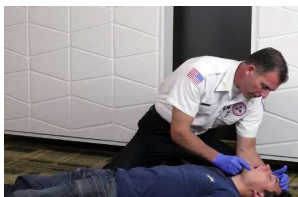
- 1 Position Person:**  
Lower person safely to the ground.



- 2 Call 911:**  
If 911 has not been called, send someone to call 911 and get an AED if available.



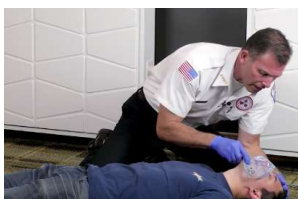
- 3 30 Compressions:**  
Using 2 hands, give 30 chest compressions, at a rate of 100-120 compressions per minute, at 2-2.4 inches deep.



- 4 Check for Object:**  
Open Airway using a head tilt chin lift technique. Look in the mouth for any obstructions. If object is seen, do a finger sweep to remove it.



- 5 Give a Breath:**  
Open airway and Give a breath. Even if no object is seen, attempt a breath. If air goes in give a second breath.



- 6 Reposition, Reattempt:**  
If air does not go in, reposition and reattempt a breath. If air still does not go in, continue compressions.



- 7 30 Compressions:**  
Using 2 hands, give 30 chest compressions, at a rate of 100-120 compressions per minute, at 2-2.4 inches deep.



- 8 Check for Object:**  
If object is seen, do a finger sweep to remove it. Repeat steps 5-8 until air goes in and makes chest rise.

## Adult CPR/AED & First Aid

### SCENARIO

you are eating at a restaurant when a man starts choking. You perform abdominal thrusts and he goes unconscious.

### REQUIRED EQUIPMENT: Adult Manikin



### WHEN TO STOP:

- If the patient shows signs of life
- Trained personnel or EMS take over
- The scene becomes unsafe
- An AED is ready to use
- The rescuer is too exhausted to continue

**NOTE:** After breaths go in, continue CPR if the person shows no signs of life. If there is breathing and pulse, monitor Airway, Breathing, and Circulation until EMS arrives.



# BLEEDING CONTROL



## 1 Check Person:

Ask, "I'm trained in first aid, can I help you?"

**Adult CPR/AED & First Aid**



## 2 Call 911:

Send someone to call 911

## SCENARIO

While using a saw, a coworker cuts his forearm and blood is spurting out. What will you do?



## 3 Direct Pressure:

Apply gloves. Use gauze or other barrier to apply direct pressure to site of wound. Elevate if no fracture is suspected.

**REQUIRED EQUIPMENT:**  
**Gauze pads, roller gauze, gloves**



## 4 Pressure Bandage:

Apply more dressings if needed and a pressure bandage.



## 5 Recheck:

Check for capillary refill, skin color, and skin temperature.

**NOTE:** Monitor for signs of shock. If person shows confusion, dizziness, bluish or grayish skin color, lay the person down and elevate the legs.

