

Adult High-Quality BLS Skills Testing Checklist



Student Name _____

Date of Test _____

Hospital Scenario: "You are working in a hospital or clinic, and you see a person who has suddenly collapsed in the hallway. You check that the scene is safe and then approach the patient. Demonstrate what you would do next."

Prehospital Scenario: "You arrive on the scene for a suspected cardiac arrest. No bystander CPR has been provided. You approach the scene and ensure that it is safe. Demonstrate what you would do next."

Assessment and Activation

- | | |
|--|--|
| <input type="checkbox"/> Checks responsiveness | <input type="checkbox"/> Shouts for help/Activates emergency response system/Sends for AED |
| <input type="checkbox"/> Checks breathing | <input type="checkbox"/> Checks pulse |

Once student shouts for help, instructor says, "Here's the barrier device. I am going to get the AED."

Cycle 1 of CPR (30:2) *CPR feedback devices preferred for accuracy

Adult Compressions

- ☐ Performs high-quality compressions*:
 - Hand placement on lower half of sternum
 - 30 compressions in no less than 15 and no more than 18 seconds
 - Compresses at least 2 inches (5 cm)
 - Complete recoil after each compression

Adult Breaths

- ☐ Gives 2 breaths with a barrier device:
 - Each breath given over 1 second
 - Visible chest rise with each breath
 - Resumes compressions in less than 10 seconds

Cycle 2 of CPR (repeats steps in Cycle 1) Only check box if step is successfully performed

- | | | |
|---------------------------------------|----------------------------------|---|
| <input type="checkbox"/> Compressions | <input type="checkbox"/> Breaths | <input type="checkbox"/> Resumes compressions in less than 10 seconds |
|---------------------------------------|----------------------------------|---|

Rescuer 2 says, "Here is the AED. I'll take over compressions, and you use the AED."

AED (follows prompts of AED)

- | | | | |
|--|--|--|---|
| <input type="checkbox"/> Powers on AED | <input type="checkbox"/> Correctly attaches pads | <input type="checkbox"/> Clears for analysis | <input type="checkbox"/> Clears to safely deliver a shock |
| <input type="checkbox"/> Safely delivers a shock | | | |

Resumes Compressions

- ☐ Ensures compressions are resumed immediately after shock delivery
 - Student directs instructor to resume compressions or
 - Second student resumes compressions

STOP TEST

Instructor Notes

- Place a ✓ in the box next to each step the student completes successfully.
- If the student does not complete all steps successfully (as indicated by at least 1 blank check box), the student must receive remediation. Make a note here of which skills require remediation (refer to Instructor Manual for information about remediation).

Test Results Check PASS or NR to indicate pass or needs remediation:

PASS ☐ NR ☐

Instructor Initials _____ Instructor Number _____ Date _____

Heartcode Acls Answer Key

Joseph Kunz, Michele Kunz

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the authors' names.

Heartcode Acls Answer Key:

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