

## Adult CPR and AED Skills Testing Checklist

Student Name: \_\_\_\_\_ Date: \_\_\_\_\_

### Scene Safety & Patient Assessment

- Verbalises checking for danger at the scene
- Verbalises and demonstrates tapping and shouting to check responsiveness
- Shouts for help/activates emergency response system (call 999)
- Verbalises and demonstrates checking for breathing
- Verbalises and demonstrates checking carotid pulse (5-10 seconds)

### CPR Sequence

- Initiates compressions immediately after recognising cardiac arrest

### CPR Cycle 1

Compressions:

- Correct hand position in centre of chest
- Uses 2-handed technique
- Delivers 30 compressions in 15-18 seconds (100-120 per min)
- Compresses to a depth of 5-6 cm with full recoil

### Ventilations:

- Opens airway adequately using head tilt-chin lift
- Provides 2 breaths with barrier device, 1 second each
- Achieves visible chest rise with each breath
- Avoids excessive ventilation
- Resumes compressions within 10 seconds

### CPR Cycle 2

- Performs high-quality compressions
- Provides 2 breaths, 1 second each, visible chest rise
- Resumes compressions within 10 seconds

### AED Use

- Powers on AED
- Correctly attaches pads in proper location
- Verbalises "Stand clear" before AED analyses rhythm
- Ensures rescuers are clear before delivering shock
- Safely delivers shock

### Post-Shock CPR

- Verbalises "Resume compressions"
- Resumes compressions immediately after shock
- Ensures high-quality CPR immediately after shock

Result: PASS  NEEDS REMEDIATION

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

Skills Requiring Remediation:

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