

Basic Life Support (BLS) Skills Testing Checklist

Student Name: _____ Date: _____

Scene Safety

- Verbalises checking for danger at the scene

Patient Assessment

Adults:

- Taps and shouts to check responsiveness
- Shouts for help/activates emergency response
- Checks for breathing by looking at chest, listening, and feeling
- Checks carotid pulse (5-10 seconds)

Infants:

- Taps soles of feet and shouts to check responsiveness
- Shouts for help/activates emergency response
- Checks for breathing by looking at chest and abdomen
- Checks brachial pulse (5-10 seconds)

Children:

- Taps and shouts to check responsiveness
- Shouts for help/activates emergency response
- Checks for breathing by looking at chest
- Checks carotid pulse (5-10 seconds)

CPR Sequence

- Initiates compressions immediately after recognising cardiac arrest

Adult CPR Cycle

Compressions:

- Correct hand position on lower half of sternum
- Uses 2-handed technique
- Delivers 30 compressions in 15-18 seconds (100-120/min)
- Compresses to depth of 5-6 cm with full recoil

Ventilations:

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

Infant CPR Cycle

Compressions:

- Uses 2 fingers in centre of chest, just below nipples
- Delivers 30 compressions in same 15-18 second time frame
- Compresses 1/3 depth of chest, about 4 cm

Ventilations:

- Opens airway** adequately (head tilt-chin lift)
- Makes complete seal over infant's mouth and nose
- Delivers 2 breaths, 1 second each
- Visible chest rise with each breath
- Resumes compressions within 10 seconds

Child CPR Cycle

Compressions:

- Uses heel of 1 or 2 hands in centre of chest
- Delivers 30 compressions in 15-18 seconds
- Compresses 1/3 depth of chest, about 5 cm

Ventilations:

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

AED Use (Adults & Children Over 1 Year Old)

- Powers on AED
- Properly attaches pads
- Ensures rescuers are clear before AED analyses
- Safely delivers shock if advised
- Minimises interruptions in CPR
- Resumes compressions immediately after shock

Result: PASS NEEDS REMEDIATION

Instructor Signature: _____ Instructor #: _____

Skills Requiring Remediation:
