



Skill Evaluation Checklist

Keep form for 2 years as proof of completed evaluations

Adult, Child and Infant, Pediatric 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- 2025 CPR and First Aid ECC/ILCOR Guidelines

Adult CPR													
AED													
Adult Conscious Choking													
Adult Unconscious Choking													
Infant CPR													
Infant Conscious Choking													
Infant 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 Child 1 or 2 hands on the center of the chest between the nipples Infant Utilize the 2 thumb-encircling hands technique, just below the nipple line or the heel of one hand in the center of the chest.													
Open Airway using a head tilt chin lift													
Giving breaths: Adult and Child Covering mouth Infant Covering mouth and nose													
Removing a foreign object													
Direct pressure to control bleeding													
For Classroom: Passed Written Test 80%													

SKILL PRACTICE SHEETS

ADULT, CHILD AND INFANT, PEDIATRIC CPR/AED & FIRST AID

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

Individual Skills
Assessing the scene for safety
Using personal protective equipment: <ul style="list-style-type: none"> • Gloves • FaceShield
Assessing patient responsiveness
Giving Compressions: <ul style="list-style-type: none"> Adult 2 hands on the center of the chest between the nipples Child 1 or 2 hands on the center of the chest between the nipples. Infant Utilize the 2 thumb-encircling hands technique, just below the nipple line or the heel of one hand in the center of the chest.
Opening the Airway using a head tilt chin lift
Giving breaths: <ul style="list-style-type: none"> Adult and Child Covering mouth Infant Covering mouth and nose
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, Child and Infant, Pediatric 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 areas 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, Child and Infant, Pediatric 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 & 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 Support Victim:**
Support the victim with the seatbelt hold. Stand to the side and slightly behind the victim with feet shoulder width apart.



- 4 Position Victim:**
Lean the victim forward and deliver 5 forceful back blows. Use the heel of your hand between the shoulder blades.



- 5 Reposition:**
Stand behind the victim, placing one foot between the victim's. Tucking in thumb of one hand, place thumb side against the abdomen, just above the navel (belly button).



- 6 Give Thrusts:**
Placing the other hand on top of the first, give 5 abdominal thrusts in an inward and upward direction.



- 7 Repeat:**
Repeat steps 3-6 until object comes out or the victim becomes unconscious.

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

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, Child and Infant, Pediatric
CPR/AED & FIRST AID

SCENARIO

You are eating at a restaurant when a man starts choking. You perform back blows and abdominal thrusts then 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 monitor Airway, Breathing, and Circulation until EMS arrives.

INFANT CPR



- 1 Check Scene:**
Check for safety, apply gloves and prepare face shield.



- 2 Check Person:**
Check for responsiveness by holding head still, tapping feet and chest, 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:**
Utilize the 2 thumb-encircling hands technique, just below the nipple line or the heel of one hand in the center of the chest. Give 30 chest compressions, at a rate of 100-120 per minute, at least 1/3 the depth of the chest.



- 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.

NOTE: Cover infant's mouth and nose.



- 7 Continue CPR:**
Give cycles of 30 chest compressions, followed by 2 breaths.

Adult, Child and Infant, Pediatric CPR/AED & FIRST AID

SCENARIO

A neighbor knocks on your door and asks for help. She states her 6 month old baby is not waking up. You find the baby lying in a crib.

REQUIRED EQUIPMENT:
Infant 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

INFANT CONSCIOUS CHOKING



1 Check Baby:

If the baby cannot cough, cry or breath, he 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 Position Baby:

Support the baby's face with your hand on the jaw and the baby's body along your forearm. Place the baby face down.



4 Give 5 Back Blows:

Holding the baby's head lower than the feet, give 5 back blows between the shoulder blades.



5 Turn Baby Over:

Hold the back of the head. Sandwich the baby between your forearms and turn him over.



6 Give 5 Chest Thrusts:

Place the heel of one hand in the center of the chest and perform 5 chest thrusts.



7 Repeat Steps 3 to 5:

Keep giving 5 back blows and 5 chest thrusts until the object comes out or baby goes unconscious.

Adult, Child and Infant, Pediatric CPR/AED & FIRST AID

SCENARIO

You see a baby on the floor next to some marbles. The baby is gagging, turning blue and cannot cry, cough or breath. What would you do?

REQUIRED EQUIPMENT:
Infant Manikin



WHEN TO STOP:

- The object comes out
- The baby becomes unconscious (Make sure 911 has been called and perform unconscious choking technique)

INFANT UNCONSCIOUS CHOKING



- 1 Position Person:**
Lay the infant down, supine, on a flat surface.



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



- 3 30 Compressions:**
Utilize the 2 thumb-encircling hands technique, just below the nipple line or the heel of one hand in the center of the chest. Give 30 chest compressions, at a rate of at least 100/minute, and at least 1/3 the depth of the chest.



- 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:**
Utilize the 2 thumb-encircling hands technique, just below the nipple line or the heel of one hand in the center of the chest. Give 30 chest compressions, at a rate of 100-120/minute, and at least 1/3 the depth of the chest.



- 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, Child and Infant, Pediatric CPR/AED & FIRST AID

SCENARIO

You enter a baby's room and notice that several marbles are scattered around the baby on the floor. The baby is conscious and choking. You perform back blows and chest thrusts. The baby goes unconscious. What will you do next?

REQUIRED EQUIPMENT:
Infant 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, check breathing and continue CPR if the infant shows no signs of life. If there is breathing, 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, Child and Infant, Pediatric
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.