

SKILL PRACTICE SHEETS

HEALTHCARE PROVIDER (BLS) ADULT, CHILD AND INFANT CPR/AED & FIRST AID

Required Skill Scenarios
Adult CPR
AED
Adult Conscious Choking
Adult Unconscious Choking
Adult Rescue Breathing
Adult 2 rescuer CPR with
Bag Valve Mask
Infant CPR
Infant Conscious Choking
Infant Unconscious Choking
Infant 2 rescuer CPR with Bag Valve Mask
Bleeding Control

Individual Skills
Assessing the scene for safety
Using personal protective equipment: <ul style="list-style-type: none">• Gloves• FaceShield/Rescue Mask• Bag Valve Mask
Assessing patient responsiveness
Checking for a pulse: Adult and Child Carotid Artery Infant Brachial Artery
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 rescue breaths: 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.



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



- 4 Check Pulse & Breathing:**
Place fingers in valley between neck muscle and wind pipe. Check the pulse for no more than 10 seconds. Look at chest and face to determine no normal breathing.



- 5 30 Compressions:**
If no pulse and no normal breathing, begin CPR. Use 2 hands, give 30 chest compressions, at a rate of 100-120 per minute, and at 2-2.4" deep.



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



- 7 Give 2 Breaths:**
Give 2 breaths lasting 1 second each making sure the chest rises and falls with each breath.



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

HEALTHCARE PROVIDER (BLS)
Adult, Child and Infant
CPR/AED & FIRST AID

SCENARIO

You are walking in the park when you see a man lying on the ground. What would you do?

REQUIRED EQUIPMENT:
Adult Manikin

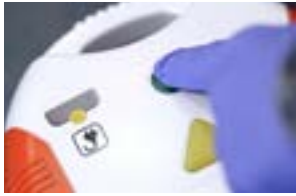


WHEN TO STOP:

- 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

Follows 2025 ECC/ILCOR and American Heart Association Guidelines

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.

HEALTHCARE PROVIDER (BLS)
Adult, Child and Infant
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 an 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

Follows 2025 ECC/ILCOR and American Heart Association Guidelines

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.

HEALTHCARE PROVIDER (BLS)
Adult, Child and Infant
CPR/AED & FIRST AID

SCENARIO

You are eating in your favorite 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, check pulse, and continue CPR if the person shows no signs of life. If there is breathing and pulse, monitor Airway, Breathing, and Circulation until EMS arrives.

Follows 2025 ECC/ILCOR and American Heart Association Guidelines

ADULT RESCUE BREATHING



- 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.



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



- 4 Check Pulse & Breathing:**
Place fingers in valley between neck muscle and wind pipe. Check the pulse for no more than 10 seconds. Look at chest and face to determine no normal breathing.



- 5 Open Airway:**
If there is a pulse but no breathing, begin Rescue Breathing. Open Airway using a head tilt chin lift technique. Look in the mouth for any obstructions.



- 6 Rescue Breathing:**
Give 1 breath every 6 seconds. Each breath should last 1 second and make the chest rise and fall. Reassess circulation every two minutes.

NOTE: If unsure a pulse exists, start CPR. Don't waste more critical time searching for a pulse.

HEALTHCARE PROVIDER (BLS)
Adult, Child and Infant
CPR/AED & FIRST AID

SCENARIO

A man fell into a pond and was just pulled out of the water as you arrive. He appears to be unconscious. 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

ADULT 2 PERSON 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.



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



- 4 Check Pulse & Breathing:**
Place fingers in valley between neck muscle and wind pipe. Check the pulse for no more than 10 seconds. Look at chest and face to determine no normal breathing.



- 5 30 Compressions:**
Primary rescuer will give 30 chest compressions using 2 hands in the center of the chest. Compress 2-2.4 inches deep at a rate of 100-120 per minute.



- 6 Open Airway:**
Second rescuer will open Airway using a head tilt chin lift technique. Look in the mouth for any obstructions.



- 7 Give 2 Breaths:**
If no breathing, using the bag valve mask, rescuer gives 2 breaths lasting 1 second each making sure the chest rises and falls with each breath.



- 8 Continue and Switch:**
Continue cycles of 30:2. Every 2 minutes, compressor calls for switch. At end of 30 compressions, person at head ends with 2 breaths, moves, and starts compressions.

HEALTHCARE PROVIDER (BLS)
Adult, Child and Infant
CPR/AED & FIRST AID

SCENARIO

You and a coworker are called for a emergency. You see a man lying on the ground. What would you do?

REQUIRED EQUIPMENT:
Adult Manikin and Bag Valve Mask



NOTE: Use the Bag Valve Mask to give breaths for this skill scenario.

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: The switch should take no more than 10 seconds. The purpose of 2 person CPR is to keep the compressor fresh in order to provide the best consistent compressions.

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 and shouting.



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



- 4 Check Pulse & Breathing:**
Place fingers on the inside upper arm to check the brachial pulse. Check the pulse for no more than 10 seconds. Look at chest and face to determine no normal breathing.



- 5 30 Compressions:**
If no pulse and no normal breathing, begin CPR. 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, and at least 1/3 the depth of the chest.



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



- 7 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.



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

HEALTHCARE PROVIDER (BLS)
Adult, Child and Infant
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.

HEALTHCARE PROVIDER (BLS)
Adult, Child and Infant
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 100-120/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.

HEALTHCARE PROVIDER (BLS)
Adult, Child and Infant
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 pulse, and continue CPR if the infant shows no signs of life. If there is breathing and pulse, monitor Airway, Breathing, and Circulation until EMS arrives.

INFANT 2 PERSON 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.



- 3 Call 911:**
If unresponsive and no normal breathing, send someone to call 911 and get an AED if available.



- 4 Check Pulse & Breathing:**
Place fingers on the brachial artery on the inside of the upper arm. Check the pulse for no more than 10 seconds.



- 5 15 Compressions:**
Primary rescuer will give 15 chest compressions using the 2 thumbs hands encircling chest technique, or the heel of one hand at a rate of 100-120 per minute, at least 1/3 the depth of the chest.



- 6 Open Airway:**
Second rescuer will open Airway using a head tilt chin lift technique. Look in the mouth for any obstructions.



- 7 Give 2 Breaths:**
If no breathing, using the bag valve mask, first rescuer gives 2 breaths lasting 1 second each making sure the chest rises and falls with each breath.



- 8 Continue and Switch:**
Continue cycles of 15:2. Every 2 minutes, compressor calls for switch. At end of 15 compressions, person at head ends with 2 breaths, moves, and starts compressions.

HEALTHCARE PROVIDER (BLS)
Adult, Child and Infant
CPR/AED & FIRST AID

SCENARIO

You and another healthcare worker respond to a first aid call for a baby. When you arrive the baby is blue and does not appear to be moving. What will you do?

REQUIRED EQUIPMENT:
Infant Manikin and
infant size Bag Valve Mask



NOTE: Use the infant size Bag Valve Mask to give breaths for this skill scenario.

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: The switch should take no more than 10 seconds. The purpose of 2 person CPR is to keep the compressor fresh in order to provide the best consistent compressions.

BLEEDING CONTROL



- 1 Check Person:**
Ask, "I'm trained in first aid, can I help you?"



- 2 Call 911:**
Send someone to call 911



- 3 Direct Pressure:**
Apply gloves. Use gauze or other barrier to apply direct pressure to site of wound. Elevate if no fracture is suspected.



- 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 show confusion, dizziness, bluish or grayish skin color, lay the person down and elevate the legs.

HEALTHCARE PROVIDER (BLS)
Adult, Child and Infant
CPR/AED & FIRST AID

SCENARIO

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

REQUIRED EQUIPMENT:
Gauze pads, roller gauze, gloves