



**ProTrainings**  
Because Life Matters

## Skill Evaluation Checklist

Keep form for 2 years as proof of completed evaluations

Instructor/Skill Evaluator
Date:
Printed Name:
Registry #:
Signature:

## Adult CPR/AED

### 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– 2020 CPR and First Aid ECC/ILCOR Guidelines

Adult CPR												
AED												
Adult Conscious Choking												
Adult Unconscious Choking												
<b>INDIVIDUAL SKILLS   Assess during skill scenarios</b>												
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												
Open Airway using a head tilt chin lift												
Giving breaths: Adult   Covering mouth												
Removing a foreign object												
For Classroom: Passed Written Test 80%												



# SKILL PRACTICE SHEETS

## ADULT CPR/AED

Required Skill Scenarios
Adult CPR
AED
Adult Conscious Choking
Adult Unconscious Choking

Individual Skills
Assessing the scene for safety
Using personal protective equipment: <ul style="list-style-type: none"><li>• Gloves</li><li>• FaceShield</li></ul>
Assessing patient responsiveness
Giving Compressions: Adult   2 hands on the center of the chest between the nipples
Opening the Airway using a head tilt chin lift
Giving breaths: Adult   Covering mouth
Removing a foreign object



# 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.



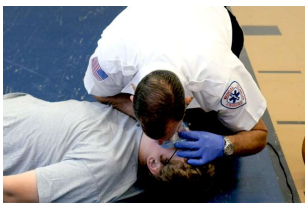
## 4 30 Compressions:

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 CPR/AED

### 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 are as 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 CPR/AED

### SCENARIO

You are performing CPR on a person when an AED arrives and is ready to use. What will you do?

### 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



# ADULT CONSCIOUS CHOKING



## 1 Check Person:

Ask, "Are you choking?" If the person cannot cough, speak or breathe, 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 Stand Behind:

Place your foot between the person's feet and place your other foot firmly on the ground beside you.

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



## 4 Position Hands:

Find the navel. Tucking in the thumb, place the thumb side of the fist against the abdomen, just above the navel.



## 5 Give Thrusts:

Grasp the back of your fist, give inward-upward abdominal thrusts until object is out or person goes unconscious.

## Adult CPR/AED

### 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



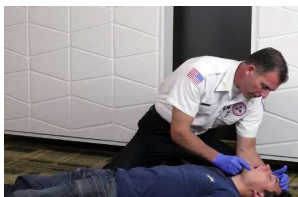
- 1 Position Person:**  
Lower person safely to the ground.



- 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 re-move it. Repeat steps 5-8 until air goes in and makes chest rise.

Adult CPR/AED

## SCENARIO

you are eating at a 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, continue CPR if the person shows no signs of life. If there is breathing and pulse, monitor Airway, Breathing, and Circulation until EMS arrives.

