

BLS Basic Life Support *Skills Checklist*

Student Name: _____ Test Date: _____

Adult/Child/ BLS - 1 and 2 Responders		Check if done correctly
Steps	Skills Demo	
1- Responder Adult BLS Skills Evaluation		
<ul style="list-style-type: none"> Note: Evaluate the first rescuer's ability to initiate BLS and deliver high-quality CPR for 5 cycles 		
1	Check for responsiveness	
2	Call for help, activate the emergency response system and sends for an AED	
3	Check for breathing and pulse for at least 5 seconds and no more than 10 seconds	
4	Begin high-quality CPR	
	a. Correct compression Proper Hand Placement <ul style="list-style-type: none"> i. Adult: Lower half of the breastbone, 2 hands ii. Child: Lower half of the breastbone, 1 or 2 hands 	
	b. Rate: Give 100 to 120/minute compressions or delivers each set of 30 Chest compressions in no less than 15 seconds and no more than 18 seconds	
	c. Depth: Deliver compression at least 2 inches in depth	
	d. Minimize interruptions: Gives 2 breaths with pocket mask in less than 10 seconds.	
Second Rescuer AED Skills Evaluation and SWITCH		
<ul style="list-style-type: none"> Note: Evaluate the second rescuer's ability to use the AED and both rescuers' abilities to switch roles. 		
5	Instructor prompt: "After completing 5 cycles of compressions and breaths, the AED arrives with bag mask device".	
6	Second Rescuer powers on AED and applies patches while first rescuer continues CPR <ul style="list-style-type: none"> a. Power AED on 	
	b. Apply patches <ul style="list-style-type: none"> i. Dry patient if wet 	

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	<ul style="list-style-type: none"> ii. Do not use AED if patient on wet surface iii. Remove any visible medication patches iv. Do not apply patches over Pacemaker v. Pediatric patches for child, if available vi. Do not allow patches to touch or overlap 	
	c. Second rescuer clear patient, allowing AED to analyze - Switch rescuers	
	d. When AED prompts shockable rhythm, second rescuer clears the patient again and delivers shock	
	e. Deliver Shock	
	f. Resume CPR starting with chest compressions	
	g. If AED states "No Shock Advised" resume CPR starting with chest	
<input type="checkbox"/> PASS <input type="checkbox"/> Needs Retest		
Instructor Name: _____ Date: _____		

Adult/Child/ BLS - 1 and 2 Responders		Check if done correctly
Steps	Skills Demo	
First Rescuer Bag-Mask Ventilation		
<ul style="list-style-type: none"> • Note: Evaluate the first rescuer's ability to give breaths with a bag mask. 		
1	Both responders resume high-quality CPR immediately after shock delivery	
2	Second responder gives 30 compressions immediately after shock delivery for 2 cycles	
3	First responder successfully delivers 2 breaths with bag-mask for 2 cycles	
<input type="checkbox"/> PASS <input type="checkbox"/> Needs Retest		
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Infant BLS - 1 and 2 Responders		Check if done correctly
Steps	Skills Demo	
1 Rescuer Infant BLS Skills Evaluation		
<ul style="list-style-type: none"> Note: Evaluate the first rescuer's ability to initiate BLS and deliver high-quality CPR for 5 cycles 		
1	Check for responsiveness	
2	Call for help, activate the emergency response system and sends for AED	
3	Check breathing and pulse for at least 5 seconds and no more than 10 seconds	
4	Deliver high-quality CPR	
	a. Correct compression: Proper Finger Placement	
	b. Rate: 100 to 120/minute compressions (each set of 30 compressions in no less than 15 seconds and no more than 18 seconds)	
	c. Depth: Deliver compression at least one third of the depth of the chest (approximately 1 ½ inches or 4cm), at least 23 out of 30.	
	d. Allow complete chest recoil, at least 23 out of 30.	
2 Rescuer CPR and SWITCH		
<ul style="list-style-type: none"> Evaluate the first responder's ability to give breath with a bag-mask and give compressions by using the 2 thumb-encircling hands technique. Evaluate both rescuers' ability to switch roles 		
1	Instructor prompt: "After completing 5 cycles of compressions and breaths, second responder arrives with bag mask device".	
2	a. Responders Switch Roles	
3	Both responders resume high-quality CPR	
	a. Second responder delivers 15 compressions in no less than 7 seconds and no more than 9 seconds by using thumb-encircling hands technique for 2 cycles	

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	b. First responder successfully gives 2 breaths with bag-mask for 2 cycles	
After 2 Cycles, Prompt Responders to Switch Roles		
4	Both responders resume high-quality CPR	
	a. First responder delivers 15 compressions in no less than 7 seconds and no more than 9 seconds by using thumb-encircling hands technique for 2 cycles	
	b. Second responder successfully gives 2 breaths with bag-mask for 2 cycles	
<input type="checkbox"/> PASS <input type="checkbox"/> Needs Retest		
Instructor Name: _____ Date: _____		