

# Critical Skills Descriptions

## Adult and Child CPR AED Skills Testing

Step	Critical Step	Description
<p>Instructor tells students, <b><i>“Perform all skills on the manikin, just as if it were a real person in need of help. I can pretend to be a bystander who can come over and help you, but I won’t know CPR or how to use an AED. I’ll let you know when testing is complete.”</i></b></p> <p><i>Each student is tested individually. Another student or the instructor will play the role of the bystander. The following outlines the criteria required to successfully demonstrate each part of the skills test.</i></p> <p><i>Sequence: Steps 1 through 12 must be performed in order.</i></p>		
<b>1</b>	Verbalizes that the scene is safe	Student verbalizes that the scene is safe before proceeding.
<b>2</b>	Checks for response—tap and shout	<p>Student is close to the manikin, taps it on the shoulder, and speaks in a loud voice (eg, “Are you all right?”).</p> <p><i>Instructor does not indicate whether or not there is a response. Student determines that the manikin is not responding.</i></p>
<b>3</b>	Yells for help	<p>Student asks for help in a loud voice (eg, “Help! I need some help!”).</p> <p><b>ADULT CPR:</b> <i>Instructor says, “I am here to help.”</i></p> <p><b>CHILD CPR:</b> <b>No help arrives. Student does NOT leave to phone the emergency response number (or 911).</b></p>
<b>4</b>	Tells someone to phone the emergency response number (or 911) and get an AED (for adult only)	<p>ADULT: Student must tell the bystander to perform both actions. Student may say any phrase indicating “emergency response number” or “911” or may say the student’s specific work-site emergency response number.</p> <p>CHILD: This step is delayed and not tested at this point.</p>
<b>5</b>	Checks for no breathing or only gasping	<p>Student quickly scans the manikin’s body back and forth from the head to the abdomen for at least 5 seconds but no more than 10 seconds.</p> <p>If the student says that the person is breathing, the instructor corrects the student by saying, <b><i>“The person is not breathing.”</i></b></p>
<b>6</b>	Locates hand placement for compressions	<p>Student moves clothes out of the way of the chest. Student places the heel of one hand on the lower half of the sternum/breastbone. Student places second hand so that correct compression depth can be reached.</p> <p>CHILD: Student may use either 1 or 2 hands for compressions.</p> <p><i>No other specific hand, arm, or body position is required to successfully complete this step.</i></p>
<b>7</b>	Delivers first set of compressions	<p>Student gives 30 compressions in 18 seconds or less.</p> <ul style="list-style-type: none"> <li>• START YOUR STOPWATCH when the student first compresses the breastbone.</li> <li>• STOP YOUR STOPWATCH at the end of the 30th compression.</li> </ul> <p>Student may lift the hands slightly off the chest between compressions.</p> <p><i>No other specific hand, arm, or body position is required to successfully complete this step.</i></p>

Step	Critical Step	Description
8	Gives 2 breaths	<p>ADULT: Student must use a mask.</p> <p>CHILD: Student does not use a mask.</p> <p>At least 1 breath must result in visible chest rise.</p> <p>If a breath does not achieve chest rise, the student may reposition the head and attempt another breath but is not required to do so.</p> <p>All attempted breaths are given and compressions must be started within 10 seconds. Time begins when compressions are stopped and ends when compressions resume.</p> <p><i>Timing: This entire step must take no longer than 10 seconds.</i></p>
9	Delivers second set of compressions	<p>Student gives at least 23 of 30 compressions with the hands in the correct location on the manikin's chest. The correct location is the lower half of the sternum/breastbone.</p> <p>It is acceptable if the student lifts his or her hands slightly off the chest between compressions.</p> <p><i>No other specific hand, arm, or body position is required to successfully complete this step.</i></p>
10	Gives 2 breaths	<p>ADULT: Student must use a mask.</p> <p>CHILD: Student does not use a mask.</p> <p>At least 1 breath must result in visible chest rise.</p> <p>If a breath does not achieve chest rise, the student may reposition the head and attempt another breath but is not required to do so.</p> <p>All attempted breaths are given and compressions must be started within 10 seconds. Time begins when compressions are stopped and ends when compressions resume.</p> <p><i>Timing: This entire step must take no longer than 10 seconds.</i></p>
11	Leaves to phone 911 and get an AED (for child only)	<p><i>Instructor says, "You have just completed 5 cycles of CPR."</i></p> <p>Student verbalizes the need to leave to phone 911 and get an AED. At this point the instructor provides the AED trainer to the student. Student returns to manikin with the AED.</p>
12	Turns on the AED immediately after it arrives	<p>ADULT CPR: Instructor arrives with the AED after the student begins the third set of compressions.</p> <p>Student must stop chest compressions and turn on the AED when it arrives.</p> <p>CHILD CPR: Hand the student the AED. As soon as the student is at the manikin with the AED, begin testing the AED skills.</p>
<p><i>The next step is done only with a manikin with a feedback device designed to indicate when compressions are 2 inches deep (child) or more (adult) and/or indicate that chest recoil is complete. If no feedback device, STOP THE TEST.</i></p>		
13	Delivers third set of compressions	<p>Test depth only if the manikin has a feedback device designed to indicate when compressions are 2 inches or more for adults and 2 inches for children. Test chest recoil if the manikin has a feedback device designed to indicate when complete chest recoil occurs. Older manikin feedback may not be designed to meet these criteria.</p> <p>Student must give at least 23 of 30 compressions indicating correct depth and complete chest recoil.</p>
STOP THE TEST		