

# Advanced Cardiovascular Life Support Adult High-Quality BLS Skills Testing Checklist



Student Name \_\_\_\_\_ Date of Test \_\_\_\_\_

Hospital Scenario: "You are working in a hospital or clinic, and you see a person who has suddenly collapsed in the hallway. You check that the scene is safe and then approach the patient. Demonstrate what you would do next."

Prehospital Scenario: "You arrive on the scene for a suspected cardiac arrest. No bystander CPR has been provided. You approach the scene and ensure that it is safe. Demonstrate what you would do next."

## Assessment and Activation

- Checks responsiveness       Shouts for help/Activates emergency response system/Sends for AED  
 Checks breathing             Checks pulse

Once student shouts for help, instructor says, "Here's the barrier device. I am going to get the AED."

## Cycle 1 of CPR (30:2) \*CPR feedback devices preferred for accuracy

### Adult Compressions

- Performs high-quality compressions\*:
- Hand placement on lower half of sternum
  - 30 compressions in no less than 15 and no more than 18 seconds
  - Compresses at least 2 inches (5 cm)
  - Complete recoil after each compression

### Adult Breaths

- Gives 2 breaths with a barrier device:
- Each breath given over 1 second
  - Visible chest rise with each breath
  - Resumes compressions in less than 10 seconds

## Cycle 2 of CPR (repeats steps in Cycle 1) Only check box if step is successfully performed

- Compressions       Breaths       Resumes compressions in less than 10 seconds

Rescuer 2 says, "Here is the AED. I'll take over compressions, and you use the AED."

## AED (follows prompts of AED)

- Powers on AED       Correctly attaches pads       Clears for analysis       Clears to safely deliver a shock  
 Safely delivers a shock

## Resumes Compressions

- Ensures compressions are resumed immediately after shock delivery
- Student directs instructor to resume compressions or
  - Second student resumes compressions

**STOP TEST**

### Instructor Notes

- Place a ✓ in the box next to each step the student completes successfully.
- If the student does not complete all steps successfully (as indicated by at least 1 blank check box), the student must receive remediation. Make a note here of which skills require remediation (refer to Instructor Manual for information about remediation).

**Test Results** Check **PASS** or **NR** to indicate pass or needs remediation:

**PASS**  **NR**

Instructor Initials \_\_\_\_\_ Instructor Number \_\_\_\_\_ Date \_\_\_\_\_