Company Name: ___________________________  Student Name: ___________________________

Date of Skills Check / Refresher: ___________________________

NOTE: Instructor should tell students, "Perform all skills on your practice manikin, treating this situation as if it involves a real person. I am only a casual bystander and can't help you." Each student is tested individually. The skills shown below should be demonstrated. If the skills is not shown initially, remediation with the instructor should be done, where student shows skill in a repeat / final evaluation with the instructor.

<table>
<thead>
<tr>
<th>Skill Step</th>
<th>Performance Steps</th>
<th>Skill Remnediation</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>LONE RESCUER - CPR SKILLS CHECK / REFRESHER (ADULT)</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1</td>
<td>Scene Safety: Student verbalizes scene is safe</td>
<td></td>
</tr>
</tbody>
</table>
| 2 | Checks for Response - Victim is Unresponsive?  
Student is to tap shoulder and ask question… | |
| 3 | Initiate Emergency Response Plan  
Student shouts for help. No one arrives.  
student goes to call [911 or designated #] and get AED, etc | |
| 4 | Personal Protection - put on gloves | |
| 5 | Assess Victim - (Check for breathing)  
Student checks manikin for breathing 5-10 sec | |
| 6 | Student bares chest / removes clothes  
Student gets AED ready (if avail) - GO TO Section 2 skills check  
or  
Student starts chest compressions | |
| 7 | Student performs chest compressions correct  
100 compressions per minute; correct place on chest; 2” deep  
30 compressions in 18 sec or less; watch for chest recoil  
manikin ideally should have clicker feedback (verify 2” compressing) | |
| 8 | Student performs 2 breaths; using breathing barrier  
Opens airway (head tilt/chin lift) and breaths 1 sec each  
At least 1 breath results in visible chest rise on manikin  
Time between breaths and start of compressions < 10 sec | |
| 9 | Student resumes compressions or follows AED prompts | |
| 10 | Student 2nd set of compressions  
30 compressions (100/min = rate) : 2 breaths (1 sec ea)  
manikin ideally should have clicker feedback (verify 2” compressing) | |
| 11 | Student 3rd-5th set of compressions & follow AED (if avail)  
30 compressions (100/min = rate) : 2 breaths (1 sec ea)  
manikin ideally should have clicker feedback (verify 2” compressing) | |
| 12 | EMS Arrival - CPR stops  
STOP - TEST IS DONE for CPR or AED | PASS?  PASS? |
<table>
<thead>
<tr>
<th></th>
<th>Section 2: AED Skills Check / Refresher</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Turns AED on (remove clothing from chest)</td>
</tr>
</tbody>
</table>
| 2 | Places AED pads  
  (watch for excessive hair, H2O on chest, implanted AED  
  pool of H2O, obese victim w/skin folds, medicine patch) |
| 3 | Student Does not touch victim 'Stands clear' |
| 4 | Student Performs shock - Presses shock button |
| 5 | Student Begins CPR (hand placement, depth monitored)  
  see above Section - go back to CPR test |
| 9 | Student provides any documentation & gets EMS contact  
  information to provide AED post-event review info |
| 10 | Proper BBP cleanup and disposal |
| 11 | Ensure AED cleanup / post-event review & maintenance |

**STOP - TEST IS DONE for CPR or AED**

P

P