# Heartsaver® CPR AED Skills Sheet

<table>
<thead>
<tr>
<th>Step</th>
<th>Critical Performance Steps</th>
<th>Adult CPR AED ✓ if done correctly</th>
<th>Child CPR AED ✓ if done correctly</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Verbalizes that the scene is safe</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>Checks for response—tap and shout</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>Yells for help</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>Tells someone to phone the emergency response number (or 911) and get an AED (for adult only)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
| 5    | Checks for no breathing or only gasping  
Minimum 5 seconds; maximum 10 seconds | | |
| 6    | Locates hand placement for compressions  
Moves clothes out of the way of the chest  
Lower half of the breastbone; 1 or 2 hands for child | | |
| 7    | Delivers first set of compressions  
Gives 30 compressions in 18 seconds or less | | |
| 8    | ADULT: Gives 2 breaths with a mask  
CHILD: Gives 2 breaths without a mask  
At least 1 breath results in visible chest rise  
Breaths given and compressions started within 10 seconds | | |
| 9    | Delivers second set of compressions  
Gives at least 23 of 30 compressions in the correct chest location | | |
| 10   | ADULT: Gives 2 breaths with a mask  
CHILD: Gives 2 breaths without a mask  
At least 1 breath results in visible chest rise  
Breaths given and compressions started within 10 seconds | | |
| 11   | Instructor says, “You have just completed 5 sets of compressions and breaths.”  
Leaves to phone 911 and get an AED (for child only) | | |
| 12   | Turns on the AED immediately after it arrives | | |

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.

| 13   | Delivers third set of compressions of adequate depth  
Acceptable if at least 23 of 30 compressions indicate a depth of at least 2 inches (adult) or about 2 inches (child) | STOP THE TEST | STOP THE TEST |

© 2011 American Heart Association

Record test results on bottom of side 2
## Heartsaver® CPR AED Skills Sheet

American Heart Association
Heartsaver CPR AED
Infant CPR
Side 2 of 2

### Critical Performance Steps

<table>
<thead>
<tr>
<th>Step</th>
<th>Critical Performance Steps</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Verbalizes that the scene is safe</td>
</tr>
<tr>
<td>2</td>
<td>Checks for response—tap and shout</td>
</tr>
<tr>
<td>3</td>
<td>Yells for help</td>
</tr>
</tbody>
</table>
| 4    | Checks for no breathing or only gasping  
  Minimum 5 seconds; maximum 10 seconds |
| 5    | Locates hand placement for compressions  
  Two fingers just below the nipple line on the breastbone |
| 6    | Delivers first set of compressions  
  Gives 30 compressions in 18 seconds or less |
| 7    | Gives 2 breaths without a mask  
  At least 1 breath results in visible chest rise  
  Breaths given and compressions started within 10 seconds |
| 8    | Delivers second set of compressions  
  Gives at least 23 of 30 compressions in the correct chest location |
| 9    | Gives 2 breaths without a mask  
  At least 1 breath results in visible chest rise  
  Breaths given and compressions started within 10 seconds |
| 10   | Instructor says, “You have just completed 5 sets of compressions and breaths.”  
  Verbalizes the need to leave to phone 911 |

The next step is done only with a manikin with a feedback device designed to indicate when compressions are about 1½ inches deep or indicate that chest recoil is complete. If no feedback device, STOP THE TEST.

<table>
<thead>
<tr>
<th>Step</th>
<th>Critical Performance Steps</th>
</tr>
</thead>
</table>
| 11   | Delivers third set of compressions of adequate depth  
  Acceptable if at least 23 of 30 compressions indicate a depth of about 1½ inches |

If no feedback device, STOP THE TEST.

---

**Test Summary**

<table>
<thead>
<tr>
<th>Test Age Group</th>
<th>PASS</th>
<th>NR</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult CPR AED</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Child CPR AED</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Infant CPR</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Instructor signature affirms that skills tests were done according to AHA Guidelines.

Save this sheet with the course records.

© 2011 American Heart Association