BLS for Healthcare Providers Course

1- and 2-Rescuer Adult BLS with AED

Skills Testing Criteria and Descriptors

1. Assesses victim (Steps 1 and 2, assessment and activation, must be completed within 10 seconds of arrival at scene):
   - Checks for unresponsiveness (this MUST precede starting compressions)
   - Checks for no breathing or no normal breathing (only gasping)

2. Activates emergency response system (Steps 1 and 2, assessment and activation, must be completed within 10 seconds of arrival at scene):
   - Shouts for help/directs someone to call for help AND get AED/defibrillator

3. Checks for pulse:
   - Checks carotid pulse
   - This should take no more than 10 seconds

4. Delivers high-quality CPR (initiates compressions within 10 seconds of identifying cardiac arrest):
   - Correct placement of hands/fingers in center of chest
     - Adult: Lower half of breastbone
     - Adult: 2-handed (second hand on top of the first or grasping the wrist of the first hand)
   - Compression rate of at least 100/min
     - Delivers 30 compressions in 18 seconds or less
   - Adequate depth for age
     - Adult: at least 2 inches [5 cm])
   - Complete chest recoil after each compression
   - Minimizes interruptions in compressions:
     - Less than 10 seconds between last compression of one cycle and first compression of next cycle
     - Compressions not interrupted until AED analyzing rhythm
     - Compressions returned immediately after shock/no shock advised

5-8. Integrates prompt and proper use of AED with CPR:
   - Turns AED on
   - Places proper-sized pads for victim’s age in correct location
   - Clears rescuers from victim for AED to analyze rhythm (pushes analyze button if required by device)
   - Clears victim and delivers shock
   - Resumes chest compressions immediately after shock delivery
   - Does NOT turn off AED during CPR
   - Provides safe environment for rescuers during AED shock delivery:
     - Communicates clearly to all other rescuers to stop touching victim
     - Delivers shock to victim after all rescuers are clear of the victim
   - Switches during analysis phase of AED

9. Provides effective breaths:
   - Opens airway adequately
   - Delivers each breath over 1 second
   - Delivers breaths that produce visible chest rise
   - Avoids excessive ventilation
1. Assesses victim (Steps 1 and 2, assessment and activation, must be completed within 10 seconds of arrival at scene):
   - Checks for unresponsiveness (this MUST precede starting compressions)
   - Checks for no breathing or only gasping

2. Sends someone to activate emergency response system (Steps 1 and 2, assessment and activation, must be completed within 10 seconds of arrival at scene):
   - Shouts for help/directs someone to call for help AND get AED/defibrillator
   - If alone, remains with infant to provide 2 minutes of CPR before activating emergency response system

3. Checks for pulse:
   - Checks brachial pulse
   - This should take no more than 10 seconds

4. Delivers high-quality 1-rescuer CPR (initiates compressions within 10 seconds of identifying cardiac arrest):
   - Correct placement of hands/fingers in center of chest
     - 1 rescuer: 2 fingers just below the nipple line
   - Compression rate of at least 100/min
     - Delivers 30 compressions in 18 seconds or less
   - Adequate depth for age
     - Infant: at least one third the depth of the chest (approximately 1\(\frac{1}{2}\) inches [4 cm])
   - Complete chest recoil after each compression
   - Appropriate ratio for age and number of rescuers
     - 1 rescuer: 30 compressions to 2 breaths
   - Minimizes interruptions in compressions:
     - Less than 10 seconds between last compression of one cycle and first compression of next cycle

5. Switches at appropriate intervals as prompted by the instructor (for purposes of this evaluation)

6. Provides effective breaths with bag-mask device during 2-rescuer CPR:
   - Provides effective breaths:
     - Opens airway adequately
     - Delivers each breath over 1 second
     - Delivers breaths that produce visible chest rise
     - Avoids excessive ventilation

7. Provides high-quality chest compressions during 2-rescuer CPR:
   - Correct placement of hands/fingers in center of chest
     - 2 rescuers: 2 thumb-encircling hands just below the nipple line
   - Compression rate of at least 100/min
     - Delivers 15 compressions in 9 seconds or less
   - Adequate depth for age
     - Infant: at least on third the depth of the chest (approximately 1\(\frac{1}{2}\) inches [4 cm])
   - Complete chest recoil after each compression
   - Appropriate ratio for age and number of rescuers
     - 2 rescuers: 15 compressions to 2 breaths
   - Minimizes interruptions in compressions:
     - Less than 10 seconds between last compression of one cycle and first compression of next cycle