

BLS Scenario – Adult (Single Rescuer) Checklist

| Skill Tested | Yes | No |
|----------------------------------------------------------------------------------|-----|----|
| Establish scene safety | | |
| Assess patient responsiveness (check for pulse/breathing, no longer than 10 sec) | | |
| Activates emergency response (calls for help/AED) | | |
| Correct CPR hand placement and positioning | | |
| Correct CPR rate (100-120/min.) and depth (2 inches) | | |
| Allows for complete recoil of chest between compressions | | |
| Airway opened appropriately (head tilt/chin lift, jaw thrust) | | |
| Delivers 2 breaths (each over 1 second) with visible chest rise | | |
| Correct AED placement without disrupting compressions | | |
| Clear of patient for rhythm analysis and shock | | |
| Compressions immediately resumed after shock | | |

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Last updated: January 2023

BLS Scenario - Adult (Two-Rescuer) Checklist

| Skill Tested | Yes | No |
|----------------------------------------------------------------------------------|-----|----|
| Establish scene safety | | |
| Assess patient responsiveness (check for pulse/breathing, no longer than 10 sec) | | |
| Activates emergency response (calls for help/AED) | | |
| Correct CPR hand placement and positioning | | |
| Correct CPR rate (100-120/min.) and depth (2 inches) | | |
| Allows for complete recoil of chest between compressions | | |
| Checks for pulse after two minutes of CPR. | | |
| Switches roles with other rescuer. | | |
| Airway opened appropriately (head tilt/chin lift, jaw thrust) | | |
| Delivers 2 breaths (each over 1 second) with visible chest rise | | |
| Correct AED placement without disrupting compressions | | |
| Clear of patient for rhythm analysis and shock | | |
| Compressions immediately resumed after shock | | |

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Last updated: January 2023

BLS Scenario – Child over 1 year (Single Rescuer) Checklist

| Skill Tested | Yes | No |
|----------------------------------------------------------------------------------------------------------------------------------------------------------|-----|----|
| Establish scene safety | | |
| Assess patient responsiveness (stimulate/speak to child, check breathing/pulse) | | |
| Collapse witnessed: Call emergency response, get AED, then start CPR Collapse unwitnessed: Perform 2 min. CPR first, Call emergency response, AED | | |
| Demonstrates correct hand placement (one or both palms one over the other, on lower sternum between the nipples.) | | |
| Delivers 30 compressions/ 2 breaths over 5 cycles (2 min) | | |
| Demonstrates correct CPR rate (100-120/min.) and depth (2 inches) | | |
| Allows complete recoil of chest between compressions | | |
| Airway opened appropriately (head tilt/chin lift, jaw thrust) | | |
| Delivers 2 breaths (each over 1 second) with visible chest rise | | |
| Correct AED placement without disrupting compressions | | |
| Clear of patient for rhythm analysis and shock | | |
| CPR immediately resumed after shock | | |

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BLS Scenario – Child over 1 year (Two Rescuer) Checklist

| Skill Tested | Yes | No |
|-------------------------------------------------------------------------------------------------------------------|-----|----|
| Establish scene safety | | |
| Assess patient responsiveness (stimulate/speak to child, check breathing/pulse) | | |
| Directs bystander to call emergency response and get AED, and begins two-provider CPR. | | |
| Demonstrates correct hand placement (one or both palms one over the other, on lower sternum between the nipples.) | | |
| Delivers 15 compressions/ 2 breaths over 10 cycles (2 min) | | |
| Demonstrates correct CPR rate (100-120/min.) and depth (2 inches) | | |
| Allows complete recoil of chest between compressions | | |
| Airway opened appropriately (head tilt/chin lift, jaw thrust) | | |
| Delivers 2 breaths (each over 1 second) with visible chest rise | | |
| Providers switch CPR roles at 2 minutes | | |
| Correct AED placement without disrupting compressions | | |
| Clear of patient for rhythm analysis and shock | | |
| CPR immediately resumed after shock | | |

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Last updated: January 2023

BLS Scenario – Infant 0-1 year (Single Rescuer) Checklist

| Skill Tested | Yes | No |
|----------------------------------------------------------------------------------------------------------------------------------------------------------|-----|----|
| Establish scene safety | | |
| Assess patient responsiveness (stimulate/speak to child, check breathing/pulse) | | |
| Collapse witnessed: Call emergency response, get AED, then start CPR Collapse unwitnessed: Perform 2 min. CPR first, Call emergency response, AED | | |
| Demonstrates correct hand placement (two fingers on sternum of lower chest) | | |
| Delivers 30 compressions/ 2 breaths over 5 cycles (2 min) | | |
| Demonstrates correct CPR rate (100-120/min.) and depth (1.5 inches or 1/3 of chest) | | |
| Allows complete recoil of chest between compressions | | |
| Airway opened appropriately (head tilt/chin lift, jaw thrust) | | |
| Delivers 2 breaths (each over 1 second) with visible chest rise | | |
| Correct AED placement without disrupting compressions | | |
| Clear of patient for rhythm analysis and shock | | |
| CPR immediately resumed after shock | | |

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BLS Scenario – Infant 0-1 year (Two-Rescuer) Checklist

| Skill Tested | Yes | No |
|-----------------------------------------------------------------------------------------------------------------------------------------------|-----|----|
| Establish scene safety | | |
| Assess patient responsiveness (stimulate/speak to child, check breathing/pulse) | | |
| Directs bystander to call emergency response and get AED, and begins two-provider CPR. | | |
| Demonstrates correct hand placement (hands encircle infant's torso with both thumbs positioned midline over the sternum, 1 cm below nipples.) | | |
| Delivers 15 compressions/ 2 breaths over 10 cycles (2 min) | | |
| Demonstrates correct CPR rate (100-120/min.) and depth (1.5 inches or 1/3 of chest) | | |
| Allows complete recoil of chest between compressions | | |
| Airway opened appropriately (head tilt/chin lift, jaw thrust) | | |
| Delivers 2 breaths (each over 1 second) with visible chest rise | | |
| Providers switch CPR roles at 2 minutes | | |
| Correct AED placement without disrupting compressions | | |
| Clear of patient for rhythm analysis and shock | | |
| CPR immediately resumed after shock | | |

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