

Heartsaver Practice and Testing (P&T) Lesson Maps

When a student completes the online portion of a Heartsaver eLearning course, the student has the option of completing the Skills Practice and Testing Session with either an AHA Heartsaver Skills Evaluator or Instructor (BLS Healthcare Provider or Heartsaver).

These Lesson Maps are to be used by the Skills Evaluator or Instructor for any of the Heartsaver eLearning Skills Practice and Testing Sessions (Skills Session).

Lesson identifier	What the line refers to
HS-O	The first line refers to the product family (HS means Heartsaver, and O means Online)
P&T	This line refers to the Practice and Testing sessions
PRE	Indicates what you should complete before the skills session
START	Indicates the lesson that starts the Practice and Testing session
OPT	Indicates optional lessons
EVAL	Indicates the lesson in which students complete the session evaluation form
REM	Indicates the remediation lesson
POST	Indicates what you should complete at the end of the skills session

The Skills Evaluator or Instructor should also refer to their respective Manual for the “**Conducting the Session**” section if more information is needed.

HS-O
P&T
PRE
A

Before Practice and Testing (P&T) Session

Resources:

- Pre-session letter to each student

Student Role:

- Schedule practice and testing session

Student Objectives:

- Complete the online course

Your Role:

- Session specifics
 - Determine skills to be tested
 - Determine number of students
 - Reserve equipment
 - Schedule room
- Schedule and confirm more skills evaluators/instructors if needed
- Send each student a pre-session letter
- Review appropriate Heartsaver eLearning Course or demo version

Reference:

Heartsaver Skills Evaluator Manual, Appendix; or Instructor Network

Demo: www.OnlineAHA.org

HS-O
P&T
PRE
B

Day of P&T Session

Resources:

- eLearning Practice and Testing Session Equipment Checklist
- eLearning Practice and Testing Session Paperwork Checklist
- Required and optional equipment
- Audiovisual (AV) equipment
- Appropriate paperwork

Student Role:

- Not applicable

Student Objectives:

- Not applicable

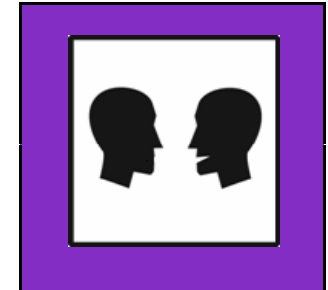
Your Role:

- Set up room and equipment
- Coordinate assignments with other skills evaluators/instructors if needed
- Use eLearning Practice and Testing Session Equipment Checklist to ensure that all equipment is available and working
- Gather all paperwork needed to conduct session

Reference:

Heartsaver Skills Evaluator Manual, Appendix; or Instructor Network

HS-O P&T START	<i>Welcome</i>	0:00 ↓ 5:00
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Resources:

- Basic Life Support eLearning Skills Session Roster

Student Role:

- Introduce self
- Turn in Part 1 Completion Certificate
- Fill out Basic Life Support eLearning Skills Session Roster

Student Objectives:

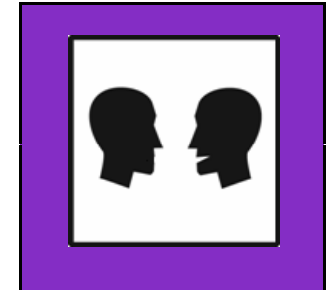
- Meet skills evaluator/ instructor and other students

Your Role:

- Greet students as they arrive
- Introduce skills evaluators/instructors and students
- Fill out Basic Life Support eLearning Skills Session Roster
- Collect each student's Part 1 Completion Certificate
- Explain facilities, including location of restrooms
- Explain that the session is somewhat strenuous; ask if anyone has a medical concern, such as knee or back problems
- Tell students
"The session will end at approximately _____."

Reference:
Heartsaver Skills Evaluator Manual, Appendix; or Instructor Network

HS-O P&T 1	<i>Introduction</i>	0:00 ↓ 4:00
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Resources:

- Not applicable

Student Role:

- Listen to skills evaluator's/instructor's instructions

Student Objectives:

- Understand the 3 parts of an eLearning course
- Understand how practice and testing will be done

Your Role:

- Explain the 3 parts of an eLearning course:
 - Part 1: The online or CD-based work already completed
 - Part 2: Hands-on skills practice/demonstration
 - Part 3: Skills testing
- Explain that Parts 2 and 3 will be done in this session
- Ask students which eLearning course did they each completed and which practice and testing sessions do they each need, including optional practice and testing

Reference:

HS-O
P&T
2

*First Aid:
Head Tilt–Chin Lift Demonstration*

0:00



1:00



Resources:

- Heartsaver First Aid Online Skills Checklist
- Adult/child manikin with movable head (or partner such as another student or skills evaluator/instructor)

Student Role:

- Perform head tilt–chin lift

Student Objectives:

- Show how to open airway with head tilt–chin lift

Your Role:

- Introduce session:
“You will demonstrate how to open the airway with a head tilt–chin lift.”
- Offer students the opportunity to practice until comfortable before demonstrating
- Use Heartsaver First Aid Online Skills Checklist
- Have each student demonstrate how to open airway with head tilt–chin lift

Reference:

Heartsaver Skills Evaluator Manual, Appendix; or Instructor Network

HS-O
P&T
3

*First Aid:
Finding the Problem Demonstration*

0:00



3:00



Resources:

- Heartsaver First Aid Online Skills Checklist
- Adult manikin (or practice on partner)

Student Role:

- Listen to scenario
- Demonstrate skill

Student Objectives:

- Show how to find the problem

Your Role:

- Introduce session:
“You will demonstrate helping a victim who is sick or hurt.”
- Offer students the opportunity to practice until comfortable before demonstrating
- Read scenario and appropriate response from Heartsaver First Aid Online Skills Checklist to students
- Have students demonstrate how to find the problem

Reference:

Heartsaver Skills Evaluator Manual, Appendix; or Instructor Network

**HS-O
P&T
4A**

*First Aid:
Controlling Bleeding, Treating Shock,
and Removing Gloves Demonstration*

0:00



4:00



Resources:

- Heartsaver First Aid Online Skills Checklist
- Latex-free gloves
- Gauze pads
- Biohazard bag
- Sheet, blanket, or other cover
- Box or other item about 12 inches high to support legs

Student Role:

- Perform skills

Student Objectives:

- Show how to control bleeding, treat shock, and remove gloves

Your Role:

- Introduce session:
“You will demonstrate how to control bleeding, treat shock, and remove gloves.”
- Offer students the opportunity to practice until comfortable before demonstrating
- Read scenario from Heartsaver First Aid Online Skills Checklist to students
- Have each student demonstrate stopping bleeding that you can see and then demonstrate steps for treating shock
- Have each student demonstrate how to remove gloves and dispose of gloves in biohazard bag
- Give positive and corrective feedback

Reference:

Heartsaver Skills Evaluator Manual, Appendix; or Instructor Network

HS-O
P&T
4B

*First Aid:
Controlling Bleeding, Treating Shock,
and Removing Gloves Demonstration*



Each student must acknowledge scene safety. Send someone to phone emergency response number. Put on personal protective equipment.

Each student demonstrates on partner who has simulated a cut on the arm.

Each student:

- Applies gauze pads and pressure to cut (blood soaks through gauze pads)
- Applies more gauze pads and continues to apply pressure
- Help injured student lie down
- Check for signs of shock
- Elevates injured student's legs (unless painful)
- Applies blanket
- If demonstrating optional bandaging, completes Optional Bandaging Demonstration (Lesson Map 5)
- Removes gloves properly and disposes of gloves in biohazard bag

Skills evaluator/instructor may need to play role of victim.

HS-O P&T 5 OPT	Optional	0:00
	<i>First Aid:</i> <i>Bandaging Demonstration</i>	↓
		3:00



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- Resources:**
- Heartsaver First Aid Online Skills Checklist
 - Latex-free gloves
 - Gauze pads
 - Bandage (roll of gauze)

- Student Role:**
- Demonstrate bandaging

- Student Objectives:**
- Show how to apply bandage

- Your Role:**
- Offer students the opportunity to practice until comfortable before demonstrating
 - Have each student demonstrate
 - Using gauze pad and pressure to stop bleeding
 - Using bandage to wrap forearm and hold gauze in place
 - Tell student location of injury, such as forearm

Reference:
 Heartsaver Skills Evaluator Manual, Appendix; or Instructor Network

HS-O
P&T
6

First Aid: Epinephrine Pen Demonstration

0:00



2:00



Resources:

- Heartsaver First Aid Online Skills Checklist
- Epinephrine pen trainer

Student Role:

- Demonstrate using epinephrine pen

Student Objectives:

- Show how to use epinephrine pen

Your Role:

- Introduce session:
“You will demonstrate using the epinephrine pen.”
- Read scenario from Heartsaver First Aid Online Skills Checklist to student and show where to locate the epinephrine pen trainer
- Have student demonstrate using epinephrine pen trainer (tell student not to use a real epinephrine pen during demonstration)
- Offer student the opportunity to practice until comfortable before demonstrating
- Remind student that trainers do not actually have needles or inject medicine
- Give positive and corrective feedback

Reference:

Heartsaver Skills Evaluator Manual, Appendix; or Instructor Network

HS-O
P&T
7

First Aid: Choking Demonstration

0:00



2:00



Resources:

- Heartsaver First Aid Online Skills Checklist
- Manikin optional

Student Role:

- Demonstrate how to relieve choking

Student Objectives:

- Show how to relieve choking in a victim 1 year old and older

Your Role:

- Introduce session:
“You will demonstrate how to help a choking victim.”
- Read scenario from Heartsaver First Aid Online Skills Checklist to students
- *Do not allow students to actually do abdominal thrusts on each other*
- Have students demonstrate correct hand placement for abdominal thrusts on partner or manikin
- Carefully observe each student
- Give positive and corrective feedback

Reference:

Heartsaver Skills Evaluator Manual, Appendix; or Instructor Network

HS-O P&T 8 OPT	Optional	0:00
	<i>First Aid:</i> <i>Splinting Demonstration</i>	↓
		2:00



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- Resources:**
- Heartsaver First Aid Online Skills Checklist
 - Bandage (roll of gauze)
 - Splinting supplies (magazine or other household products)

- Student Role:**
- Demonstrate splinting

- Student Objectives:**
- Show first aid actions for broken bones and sprains

- Your Role:**
- Introduce session
“You will demonstrate splinting.”
 - Use Heartsaver First Aid Online Skills Checklist
 - Have students practice applying a splint
 - Tell students location of injury, such as the wrist
 - Give positive and corrective feedback

Reference:
 Heartsaver Skills Evaluator Manual, Appendix; or Instructor Network

HS-O P&T 9A OPT	Optional	0:00  1:00
	<i>CPR:</i> <i>Compressions Practice</i>	



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- Resources:**
- A Heartsaver DVD
 - AV equipment
 - Adult or child manikin with shirt
 - Stopwatch

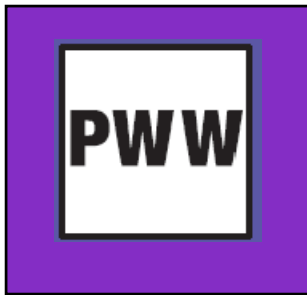
- Student Role:**
- Practice while watching video
 - Practice compressions

- Student Objectives:**
- Practice compressions

- Your Role:**
- Practice with a Heartsaver DVD
 - Have student practice compressions
 - Carefully observe as student practices
 - Give positive and corrective feedback
 - **Emphasize core concepts of push hard, push fast; let chest return to normal; minimize interruptions in compressions**
 - Use stopwatch to familiarize student with being timed during compressions

Reference:

HS-O P&T 9B OPT	Optional <i>CPR: Compressions Practice</i>
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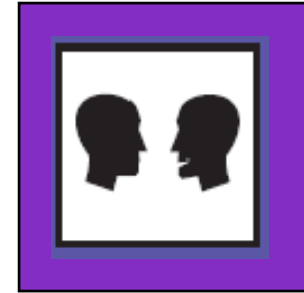
Emphasize core concepts of push hard, push fast; let chest return to normal; minimize interruptions in compressions

Using a Heartsaver DVD

- Go to Remediation Lesson
- Choose “Adult Compressions”
- Have student practice doing compressions with video for 1 minute

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HS-O P&T 9C	<i>CPR: Hands-Only CPR</i>	0:00 ↓ Variable
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Resources:

- Hands-Only CPR Frequently Asked Questions (FAQs) (AHA Instructor Network)
- Hands-Only CPR Handout

Student Role:

- Listen to skills evaluator/instructor

Student Objectives:

- Know how and when to perform hands-only CPR

Your Role:

- Give student Hands-Only CPR Handout
- Read this script:
"If an adult suddenly collapses, you may decide to perform hands-only CPR. This technique involves your doing compressions only, with no breathing. You may decide to do hands-only CPR if you are unsure about or unwilling to give breaths to the victim.
If you do hands-only CPR, you must be sure that you deliver good-quality compressions with minimal interruptions. Remember, you must be able to push hard and push fast continuously on any victim. Hands-only CPR is not recommended for children. Conventional CPR with compressions and breaths is still the recommended method to use on a collapsed victim, but hands-only CPR is an option for the layperson."
- Refer to Hands-Only CPR FAQs if student asks questions

Reference:
Heartsaver Skills Evaluator Manual, Appendix; or Instructor Network

HS-O P&T 10A OPT	Optional	0:00 ↓ 1:00
	<i>CPR:</i> <i>Breathing With a Mask Practice</i>	



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- Resources:**
- A Heartsaver DVD
 - AV equipment
 - Adult or child manikin with shirt
 - Mask
 - 1-way valve for each student

- Student Role:**
- Practice giving breaths with a mask

- Student Objectives:**
- Practice giving breaths with a mask

- Your Role:**
- Practice with a Heartsaver DVD
 - Have student practice giving breaths with a mask
 - Carefully observe as student practices
 - Give positive and corrective feedback
 - **You should be able to see the chest rise with each breath**
 - Have student keep the 1-way valve for the remainder of session

Reference:

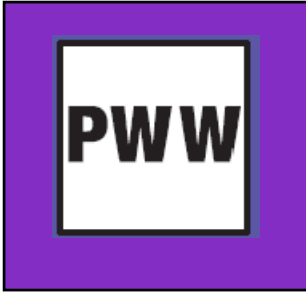
HS-O P&T 10B OPT	Optional <i>CPR: Breathing With a Mask Practice</i>
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- Using a Heartsaver DVD
- Go to Remediation Lesson
 - Choose “Adult Breaths With a Mask”
 - Have student practice breathing with a mask

HS-O P&T 11A OPT	<div style="background-color: yellow; padding: 2px; display: inline-block; margin-bottom: 5px;">Optional</div> <i>CPR: Compressions and Breathing Practice</i>	0:00 ↓ 1:00
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- Resources:**
- A Heartsaver DVD
 - AV equipment
 - Adult or child manikin with shirt
 - Mask
 - 1-way valve for each student
 - Stopwatch

- Student Role:**
- Practice compressions and breaths

- Student Objectives:**
- Practice compressions and breaths

- Your Role**
- Practice with a Heartsaver DVD
 - Have student practice compressions and giving breaths with a mask
 - Carefully observe as student practices
 - Give positive and corrective feedback
 - **Emphasize core concepts of push hard, push fast; let chest return to normal; minimize interruptions in compressions; you should see the chest rise with each breath**
 - Use stopwatch to familiarize student with being timed during compressions

Reference:

HS-O P&T 11B OPT	Optional <i>CPR: Compressions and Breathing Practice</i>
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Emphasize core concepts of push hard, push fast; let chest return to normal; minimize interruptions in compressions; you should see the chest rise with each breath.

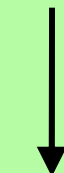
Using a Heartsaver DVD:

- Go to Remediation Lesson
- Choose “Adult Compressions and Breaths with a Mask”
- Have student practice 2 cycles of 30 compressions and 2 breaths

HS-O
P&T
12A

*CPR:
Adult/Child CPR + AED Practice*

0:00



6:00



Resources:

- A Heartsaver DVD
- AV equipment
- Adult or child manikin with shirt
- Mask
- 1-way valve for each student
- AED trainer
- Adult pads
- Child AED pad package picture
- Stopwatch
- Heartsaver Adult/Child CPR and AED Student Practice Sheet

Student Role:

- Watch entire CPR + AED sequence
- Practice entire CPR + AED sequence using Heartsaver Adult/Child CPR and AED Student Practice Sheet

Student Objectives:

- Practice entire CPR+AED sequence

Your Role:

- Practice with a Heartsaver DVD
- Tell student
“Use the Heartsaver Adult/Child CPR and AED Student Practice Sheet to remind you of the correct order and technique for giving CPR.”
- Before student practices, demonstrate use of the AED trainer
- Have student practice entire CPR + AED sequence using Heartsaver Adult/Child CPR and AED Student Practice Sheet
- Carefully observe as student practices
- Give positive and corrective feedback
- Use stopwatch to familiarize student with being timed

Reference:

Heartsaver Skills Evaluator Manual, Appendix; or Instructor Network

HS-O
P&T
12B

*CPR:
Adult/Child CPR + AED Practice*



Emphasize core concepts of push hard, push fast; let chest return to normal; minimize interruptions in compressions; you should see the chest rise with each breath.

Using a Heartsaver DVD:

- Go to Remediation Lesson
- Choose "Using the AED"
- Have student watch sequence once
- Explain how to use the AED trainer
- Have student practice entire sequence using Heartsaver Adult/Child CPR and AED Student Practice Sheet

HS-O
P&T
12C

*CPR:
Adult/Child CPR + AED Practice*

PWW

Some AED trainers may give instructions that are not consistent with the AHA Guidelines for CPR and ECC. Use this lesson only until the AED trainer matches the 2005 science.

After student attaches pads, clears victim, and AED analyzes rhythm:

Step	Description	Student Actions	Skills Evaluator/ Instructor Actions
A	<ul style="list-style-type: none">• AED says to deliver shock	<ul style="list-style-type: none">• Clear victim• Press shock button	<ul style="list-style-type: none">• Observe student
B	<ul style="list-style-type: none">• AED has delivered shock	<ul style="list-style-type: none">• Wait for AED to give instructions/prompts	<ul style="list-style-type: none">• Power off AED (do not allow student to turn AED off)• Verbalize AED prompt: <i>"Begin CPR starting with chest compressions"</i>
C	<ul style="list-style-type: none">• AED is turned off	<ul style="list-style-type: none">• Begin CPR starting with compressions	<ul style="list-style-type: none">• Observe student

HS-O
P&T
13

Choking Demonstration

*Use this lesson map only if not covered under First Aid

0:00



2:00



Resources:

- Heartsaver First Aid Online Skills Checklist
- Manikin optional

Student Role:

- Demonstrate how to relieve choking

Student Objectives:

- Show how to relieve choking in a victim 1 year old and older

Your Role:

- Introduce session:
"You will demonstrate how to help a choking victim."
- Read scenario from Heartsaver First Aid Online Skills Checklist to students
- ***Do not allow students to actually do abdominal thrusts on each other***
- Have students demonstrate correct hand placement for abdominal thrusts on partner or manikin
- Carefully observe each student
- Give positive and corrective feedback

Reference:

Heartsaver Skills Evaluator Manual, Appendix; or Instructor Network

HS-O
P&T
14A

*CPR:
Adult/Child CPR + AED Test*

0:00



4:00



Resources:

- Adult or child manikin with shirt
- AED trainer
- Mask
- 1-way valve for each student
- Adult pads
- Child AED pad package picture
- CPR Testing Checklists
- eLearning Critical Skills Description II
- Heartsaver Adult/Child CPR and AED Student Practice Sheet
- Clipboard (optional)
- Stopwatch

Student Role:

- Demonstrate full sequence of CPR with AED

Student Objectives:

- Show competency in all steps of CPR and AED

Your Role:

- Read master testing script in next map
- Student should NOT use Heartsaver Adult/Child CPR and AED Student Practice Sheet
- Do not use option on AED trainer that gives step-by-step directions for CPR (including metronome)
- Use eLearning Critical Skills Description II and Heartsaver CPR + AED Testing Checklist
- Do not stand over student, but kneel or sit nearby
- If unsuccessful, check skill steps on Heartsaver Adult/Child CPR and AED Student Practice Sheet that student did not perform competently and refer student to remediation lesson
- Students waiting to be tested should continue to practice

Reference:

Heartsaver Skills Evaluator Manual, Appendix; or Instructor Network

HS-O
P&T
14B

*CPR:
Adult/Child CPR + AED Test*



Read this entire master testing script to all students before they start the test:

During this testing session you will be responding to a CPR situation. Treat the situation like a real emergency. I will watch you and test you. I will not be coaching or correcting you during the test. You should do whatever you think is necessary to save the victim's life. You will have to determine yourself what you need to do.

For example, if you check the breathing on the manikin and there is no breathing, then you should do whatever you would do for a person who is not breathing. I will not tell you about the victim's condition. You can treat me like a bystander and tell me to do something that you would tell a real bystander to do. If you make a mistake or forget to do something important, you should not stop. Just do your best to correct the error. Please continue doing what you would do in an actual emergency and continue until I tell you to stop.

Do you have any questions before we start?

If the student asks any questions about CPR skills or sequences, you should not answer the questions. Instead tell the student to "Do what you think is best right now."

If the student asks questions about what to do with the manikin, tell him or her to "Check the manikin yourself and do what you think is needed to save a life."

If the student seems unsure, do your best to explain that he or she will be assessing the manikin and doing whatever is necessary.

HS-O
P&T
14C

*CPR:
Adult/Child CPR + AED Test*



Sample Scenario for Adult/Child CPR + AED Test:

You are at _____ (insert student-specific location, for example “the main office”) when a person collapses. There is an AED available. A coworker is standing nearby.

You have a mask and 1-way valve.

Begin when you are ready.

HS-O
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15A
OPT

Optional

*CPR:
Infant Compressions and
Breathing Practice*

0:00



3:00

PWW

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Resources:

- A Heartsaver DVD
- AV equipment
- Infant manikin with shirt
- Infant/child mask
- 1-way valve for each student
- Stopwatch

Student Role:

- Practice giving compressions and breaths

Student Objectives:

- Practice giving compressions and breaths

Your Role:

- Practice with a Heartsaver DVD
- Have student practice giving compressions and breaths with an infant/child mask
- Carefully observe as student practices
- Give positive and corrective feedback
- **Emphasize core concepts of push hard, push fast; let chest return to normal; minimize interruptions in compressions; you should see the chest rise with each breath.**
- Hold stopwatch to familiarize student with being timed during compressions

Reference:

HS-O
P&T
15B
OPT

Optional

*CPR:
Infant Compressions and
Breathing Practice*

PWW

To minimize interruptions, it is best if the infant manikin is placed on a table.

Using a Heartsaver DVD:

- Go to Remediation Lesson
- Choose “Infant Compressions and Breaths With a Mask”
- Have student practice 2 cycles of 30 compressions and 2 breaths

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HS-O P&T 16A OPT	<div style="background-color: yellow; padding: 2px; display: inline-block; margin-bottom: 5px;">Optional</div> <i>CPR: Infant CPR Practice</i>	0:00 ↓ 15:00
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- Resources:**
- A Heartsaver DVD
 - AV equipment
 - Infant manikin with shirt
 - Infant/child mask
 - 1-way valve for each student
 - Stopwatch
 - Student Practice Sheets

- Student Role:**
- Watch video
 - Practice full sequence of CPR

- Student Objectives:**
- Practice full sequence of CPR for infants

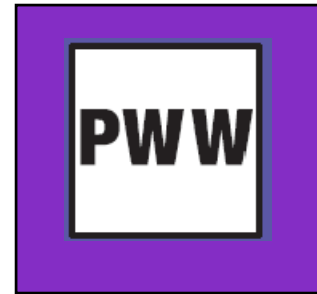
- Your Role:**
- Introduce session:
“Now you will practice the entire sequence of infant CPR.”
 - Have student place infant manikin on table
 - Practice with a Heartsaver DVD
 - Tell student
“Use the practice sheets to remind you of the correct order and technique for giving CPR.”
 - Student practices entire sequence of CPR using Heartsaver Infant CPR Student Practice Sheet
 - Carefully observe as student practices
 - Give positive and corrective feedback
 - Use stopwatch to familiarize student with being timed

Reference:
Heartsaver Skills Evaluator Manual, Appendix; or Instructor Network

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OPT

Optional

Infant CPR Practice

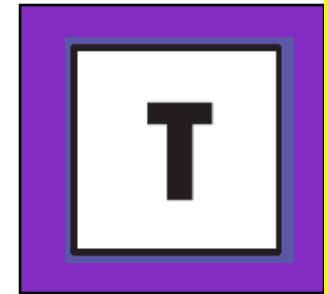


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Using a Heartsaver DVD

- Go to Remediation Lesson
- Choose "Infant CPR Sequence"
- Have student watch sequence once
- Have student practice entire sequence using Heartsaver Infant CPR Student Practice Sheet

HS-O P&T 17A OPT	Optional	0:00 ↓ 3:00
	<i>CPR: Infant CPR Test</i>	



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Resources:

- Infant manikin with shirt
- Infant/child mask
- 1-way valve for each student
- Infant CPR Testing Checklist
- eLearning Critical Skills Description III
- Student Practice Sheet
- Clipboard (optional)
- Stopwatch

Student Role:

- Demonstrate full sequence of CPR

Student Objectives:

- Show competency in all steps of CPR for an infant

Your Role:

- Read master testing script in next map
- Student should NOT use Student Practice Sheet during testing session
- Use eLearning Critical Skills Description III and Infant CPR Testing Checklist
- Do not stand over student, but kneel or sit nearby
- If student is unsuccessful, check skill steps on Heartsaver Infant CPR Student Practice Sheet that student did not perform competently and refer student to remediation lesson

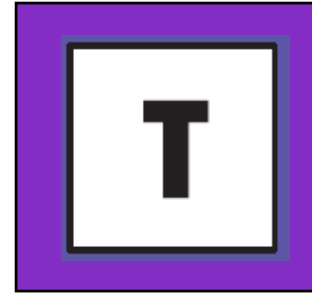
Reference:

Heartsaver Skills Evaluator Manual, Appendix; or Instructor Network

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Optional

*CPR:
Infant CPR Test*



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Read this entire master testing script to all students before they start the test:

During this test you will be responding to a CPR situation. Treat the situation like a real emergency. I will not be coaching or correcting you as you test. You should do whatever you think is necessary to save the infant's life. You will have to determine yourself what you need to do.

For example, if you check the breathing on the manikin and there is no breathing, then you should do whatever you would do for an infant who is not breathing. I will not tell you about the victim's condition. You can treat me like a bystander and tell me to do something that you would tell a real bystander to do. If you make a mistake or forget to do something important, you should not stop. Just do your best to correct the error. Please continue doing what you would do in an actual emergency and continue until I tell you to stop.

Do you have any questions before we start?

If the student asks any questions about CPR skills or sequences, you should not answer the questions. Instead tell the student to "Do what you think is best right now."

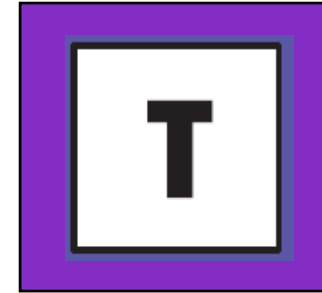
If the student asks questions about what to do with the manikin, tell him or her to "Check the manikin yourself and do what you think is needed to save a life."

If the student seems unsure, do your best to explain that he or she will be assessing the manikin and doing whatever is necessary.

HS-O
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17C
OPT

Optional

*CPR:
Infant CPR Test*



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Scenario for Infant Test:

You are at _____ (insert student-specific location, for example “the local mall”) when you hear a woman scream that her baby has stopped breathing.

You have a mask.

Begin when you are ready.

HS-O
P&T
18
OPT

Optional*

Infant Choking Demonstration

*Not optional if Infant CPR is covered

0:00



5:00



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Resources:

- Infant manikin with shirt
- Chair
- Infant Choking Handout

Student Role:

- Demonstrate relieving choking in an infant

Student Objectives:

- Show how to help a choking infant

Your Role:

- Distribute Infant Choking Handout
- Demonstrate as needed for student
- Allow student to practice and then demonstrate relieving choking using back slaps and chest thrusts
- Have a chair available for student to sit in during practice

Reference:

Heartsaver Skills Evaluator Manual, Appendix; or Instructor Network

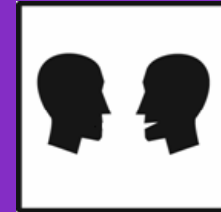
HS-O P&T EVAL

Session Evaluation Form

0:00



2:00



Resources:

- eLearning Practice and Testing Evaluation form for each student
- Pens or pencils for each student

Student Role:

- Complete evaluation form

Student Objectives:

- Provide feedback on session evaluation form

Your Role:

- Have students complete eLearning Practice and Testing Evaluation form
- Collect completed evaluation forms

Reference:

Heartsaver Skills Evaluator Manual, Appendix; or Instructor Network

HS-O P&T REM	<i>Remediation</i>	0:00 ↓ Variable
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Resources:

- Adult, child, infant manikins with shirts
- AED trainer and supplies
- Mask
- 1-way valve for each student
- eLearning Critical Skills Descriptions, CPR Testing Checklists, and Student Practice Sheets
- Stopwatch
- AV equipment (optional)

Student Role:

- Learn skills not previously learned
- Practice skills before retesting

Student Objectives:

- Show competency in skills required for successful course completion

Your Role:

- Review Student Practice Sheet to determine where student is having trouble
- Replay sections of DVD (optional)
- Have student practice using the same Student Practice Sheet
- Retest student's skills using a new CPR Testing Checklist
- Some students may need more practice or may need to take a classroom-based course to receive a course completion card
- Only students who demonstrate skills competency will receive a course completion card

Reference:

Heartsaver Skills Evaluator Manual, Appendix; or Instructor Network

HS-O P&T POST

Post-session Activities

Resources:

- Basic Life Support eLearning Skills Session Roster
- Part 1 Completion Certificate
- CPR Testing Checklists
- eLearning Practice and Testing Session Evaluation form
- Forms required by Training Center (optional)

Student Role:

Student Objectives:

Your Role:

- Collect all session paperwork
- Submit paperwork as required by Training Center
- Rearrange room
- Clean and store equipment
- Read and consider comments from session evaluation forms
- Arrange for students to receive course completion cards

Reference:

Heartsaver Skills Evaluator Manual, Appendix; or Instructor Network
Program Administration Manual