

PALS CPR Testing Checklist

American Heart Association
 PEDIATRIC ADVANCED LIFE SUPPORT
 Child 1-Rescuer CPR and AED Test

Name: _____
 Date of Test: _____

Skill Step	Child 1-Rescuer CPR With AED CRITICAL PERFORMANCE STEPS	☑ if done correctly
1	Checks for response	
2	Activates the emergency response system: Tells someone to phone 911 and get an AED	
3	Opens airway using head tilt–chin lift	
4	Checks for breathing <i>Minimum 5 seconds; maximum 10 seconds</i>	
5	Gives 2 breaths (1 second each) that produce visible chest rise	
6	Checks for carotid pulse <i>Minimum 5 seconds; maximum 10 seconds</i>	
7	Locates CPR hand position	
8	Delivers first cycle of 30 compressions at correct rate <i>Acceptable <23 seconds for 30 compressions</i>	
9	Gives 2 breaths (1 second each) that produce visible chest rise	
<i>AED Arrives.</i>		
AED 1	Turns AED On	
AED 2	Selects proper AED pads and places pads correctly	
AED 3	Clears victim to analyze <i>(Must be visible and verbal check)</i>	
AED 4	Clears victim to shock/Presses shock button <i>(Must be visible and verbal check) Maximum time from AED arrival <90 sec</i>	
<i>Student continues CPR.</i>		
10	Delivers second cycle of 30 compressions at correct hand position <i>Acceptable >23 of 30 compressions at correct position</i>	
11	Gives 2 breaths (1 second each) with visible chest rise	
<i>The next step is done only with a manikin with a feedback device, such as a clicker or light. If not, STOP THE TEST.</i>		
12	Delivers third cycle of 30 compressions of adequate depth with full chest recoil <i>Acceptable >23 comps of 30 with adequate depth and recoil</i>	

CPR TEST RESULTS	Indicate Pass or Needs Remediation	CPR/AED		INFANT	
		P	NR	P	NR
INST SIGNATURE: _____					

STOP THE TEST	
P	NR

PALS CPR Testing Checklist

American Heart Association
PEDIATRIC ADVANCED LIFE SUPPORT
 Infant 1- and 2-Rescuer CPR Test

Name: _____
 Date of Test: _____

Skill Step	Infant 1- and 2-Rescuer CPR CRITICAL PERFORMANCE STEPS	☑ if done correctly
1	Checks for response	
2	Activates emergency response system	
3	Opens airway using head tilt–chin lift	
4	Checks for breathing <i>Minimum 5 seconds; maximum 10 seconds</i>	
5	Gives 2 breaths (1 second each) that produce visible chest rise	
6	Checks for brachial pulse <i>Minimum 5 seconds; maximum 10 seconds</i>	
7	Locates CPR finger position	
8	Delivers first cycle of 30 compressions at correct rate <i>Acceptable <23 seconds for 30 compressions</i>	
9	Gives 2 breaths (1 second each) with visible chest rise	
<i>Second rescuer arrives and takes over breathing with bag mask. Test only first rescuer. Rescuers use 15:2 ratio.</i>		
10	1 st rescuer delivers cycle of 15 compressions using 2 thumb–encircling hands technique <i>Acceptable >11 of 15 compressions at correct position</i>	
11	1 st rescuer pauses to allow 2 nd rescuer to give 2 breaths	
12	1 st rescuer delivers cycle of 15 compressions of adequate depth with full chest recoil <i>Measure depth only if using instrumented manikin; otherwise observe that compressions are given.</i>	
13	1 st rescuer pauses to allow 2 nd rescuer to give 2 breaths	
<i>Rescuers switch places with little interruption. 1st rescuer takes over rescue breaths using bag mask. Students perform 2 more cycles of CPR. Test only 1st rescuer.</i>		
14	1 st rescuer gives 2 breaths that produce visible chest rise during pauses in compressions using bag mask (2 cycles)	

STOP THE TEST	
P	NR

Mark results for this test on bottom of other side