

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 resumed immediately after shock/no shock indicated
- 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 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