

Heartsaver®
Infant CPR
Skills Testing Checklist (1 of 2)



Student Name _____ Date of Test _____

Community Scenario: "While you are pushing an infant in a stroller at the park, you notice something is wrong with them. You are alone and do not have a phone nearby. Demonstrate what you would do next."

Home/Daycare Scenario: "You've just put an infant down for a nap. As you turn to leave, you hear a strange, gasping breath coming from the infant and quickly recognize that they're not breathing normally. You are alone and do not have a phone nearby. Demonstrate what you would do next."

Assessment and Activation

- Assesses scene safety
- Verbalizes the scene is safe
- Taps and shouts to check responsiveness*
- Shouts for help†
- Checks breathing

*After the student taps and shouts, the instructor says, "The infant is unresponsive."

†Once the student shouts for help, the instructor says, "No one is around to help."

Cycle 1 of CPR (30:2)

Infant Compressions

- Performs compressions*:
 - Uses 2 thumb-encircling hands technique or the heel of one hand to give compressions in the center of the chest, on the lower half of the breastbone, just below the nipple line.
 - 30 compressions in no less than 15 and no more than 18 seconds (_____ seconds)
 - Compresses at least one third the depth of the chest, about 1½ inches (4 cm)
 - Complete recoil after each compression

Infant Breaths

- Gives 2 breaths with a barrier device:
 - Each breath given over 1 second
 - Visible chest rise with each breath
 - Returns to compressions in less than 10 seconds

***CPR feedback devices preferred for accuracy.**

Cycle 2 of CPR (repeats steps in Cycle 1) Only check box if step is successfully performed

- Gives 30 compressions (_____ seconds)
- Gives 2 effective breaths

Cycle 3 of CPR (repeats steps in Cycle 1) Only check box if step is successfully performed

- Gives 30 compressions (_____ seconds)
- Gives 2 effective breaths

Instructor says, "You have just completed 5 sets of 30 compressions and 2 breaths."

Activates Emergency Response System (911)

- Verbalizes the need to leave (or take infant with them) to call 911 and get an AED

(continued)

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Student Name _____ Date of Test _____

(continued)

STOP TEST

Instructor Notes

- Place a check in the box next to each step the student completes successfully.
- If the student does not complete all steps successfully (as indicated by at least 1 blank check box), the student must receive remediation. Make a note here of which skills require remediation (refer to instructor manual for information about remediation).

Test Results Check **PASS** or **NR** to indicate pass or needs remediation:

PASS

NR

Instructor Initials _____ Instructor Number _____ Date _____

Infant CPR

Skills Testing Critical Skills Descriptors

- 1. Assesses the scene for safety**
 - Scans the scene for safety
- 2. Verbalizes that the scene is safe**
- 3. Checks for responsiveness by tapping and shouting**
 - Taps the infant's foot and shouts
- 4. Shouts for help**
 - The instructor may verbalize and remind the student that if they're alone and don't have a phone and the infant is unresponsive and not breathing, first give 5 sets of 30 compressions and 2 breaths before leaving to call 911 and get an AED if one is nearby.
- 5. Checks for no breathing or no normal breathing (only gasping)**
 - Scans from the head to the chest for a minimum of 5 seconds and no more than 10 seconds
- 6. Cycle 1: Performs chest compressions**
 - Initiates compressions immediately after recognition of cardiac arrest
 - Correct hand placement
 - Center of the chest, on the lower half of the breastbone, just below the nipple line
 - Compression rate of 100 to 120/min
 - Gives 30 compressions in 15 to 18 seconds
 - Compression depth of at least one third the depth of the chest, or about 1½ inches (4 cm)
 - Use of a commercial feedback device or manikin with feedback recommended
 - Complete chest recoil after each compression
 - Allows the chest to return to its normal position
- 7. Cycle 1: Provides 2 breaths with a barrier device**
 - Opens the airway adequately
 - Uses a head tilt–chin lift maneuver
 - Delivers each breath over 1 second
 - Delivers breaths that produce visible chest rise
 - Avoids excessive ventilation
 - Resumes chest compressions in less than 10 seconds
- 8. Cycle 2: Performs same steps for compressions and breaths as in Cycle 1**
- 9. Cycle 3: Performs same steps for compressions and breaths as in Cycle 1**
- 10. Verbalizes the need to leave (or take the infant with them) to call 911 and get an AED**
 - The instructor may verbalize that if someone comes to help, send them to call 911 and get an AED.