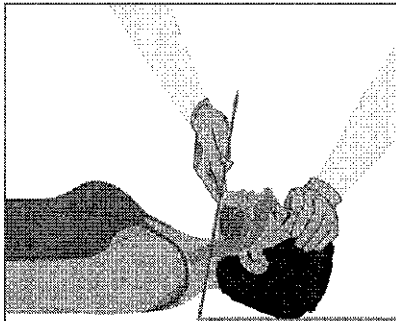
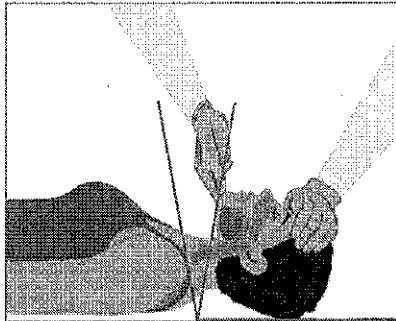


Skill Chart and Skill Assessment Tool

SKILL CHART		
CHECKING AN UNCONSCIOUS ADULT		
<p>In addition to performing the steps listed in the skill chart in the correct order, participants must meet the criterion below at the proficient level to be checked off for this skill.</p> <ol style="list-style-type: none"> 1. Check the scene for safety. 2. Check the person for consciousness (tap on the shoulder and shout, "Are you okay?"). 3. If no response, call or have someone call 9-1-1 or the local emergency number. <ul style="list-style-type: none"> ○ If the person is lying face-down, gently roll the person face-up, keeping the head, neck and back in a straight line. 4. Open the airway. 5. Quickly check for breathing. 6. Quickly scan for severe bleeding. 7. Give care as needed. 		
SKILL ASSESSMENT TOOL		
Criterion	Proficient	Not Proficient
Open the airway.	<p>Tilts head back so that jaw line is at an angle of 80° to 100° to the floor</p> 	<p>Tilts head back so that jaw line is at an angle less than 80° or greater than 100° to the floor</p> 

Skill Chart and Skill Assessment Tool

SKILL CHART

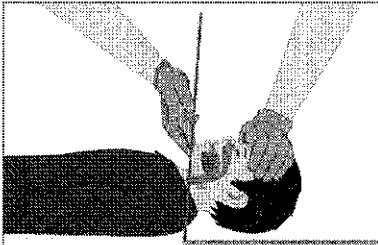
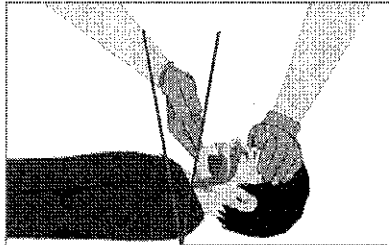
CHECKING AN UNCONSCIOUS CHILD

In addition to performing the steps listed in this skill chart in the correct order, participants must meet the criterion below at the proficient level to be checked off for this skill.

1. Check the scene for safety.
2. Check the child for consciousness (tap on the shoulder and shout, "Are you okay?").
3. If no response, call or have someone call 9-1-1 or the local emergency number.
 - If the child is lying face-down, gently roll the child face-up, keeping the head, neck and back in a straight line.
4. Open the airway.
5. Quickly check for breathing.
6. If the child is not breathing, give 2 rescue breaths.
 - Each breath should last about 1 second and make the chest clearly rise.*
7. Quickly scan for severe bleeding.
8. Give care as needed.

**If the chest does not clearly rise with the initial rescue breath, retilt the head before giving the second breath.*

SKILL ASSESSMENT TOOL

Criterion	Proficient	Not Proficient
Open the airway.	<p>Tilts head back so that jaw line is at an angle of 80° to 100° to the floor</p> 	<p>Tilts head back so that jaw line is at an angle less than 80° or greater than 100° to the floor</p> 

Skill Chart and Skill Assessment Tool

SKILL CHART

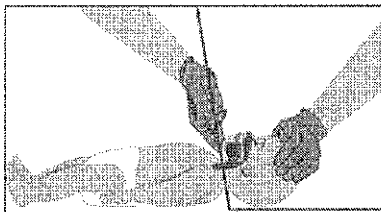
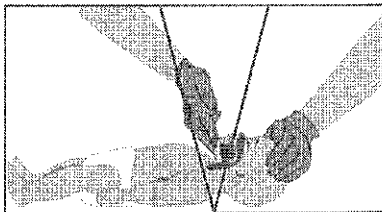
CHECKING AN UNCONSCIOUS INFANT

In addition to performing the steps listed in the skill chart in the correct order, participants must meet the criteria below at the proficient level to be checked off for this skill.

1. Check the scene for safety.
2. Check the infant for consciousness (flick the bottom of the foot and shout, "Are you okay?").
3. If no response, call or have someone call 9-1-1 or the local emergency number.
4. Open the airway.
5. Quickly check for breathing.
6. If the infant is not breathing, give 2 rescue breaths.
 - Each breath should last about 1 second and make the chest clearly rise.*
7. Quickly scan for severe bleeding.
8. Give care as needed.

**If the chest does not clearly rise with the initial rescue breath, retilt the head before giving the second breath.*

SKILL ASSESSMENT TOOL

Criteria	Proficient	Not Proficient
Open the airway.	<p>Tilts head back so that jaw line is at an angle of 75° to 95° to the floor</p> 	<p>Tilts head back so that jaw line is at an angle less than 75° or greater than 95° to the floor</p> 
Give rescue breaths.	<p>Gives rescue breaths that make the chest clearly rise.</p> <p>Gives rescue breaths that last about 1 second.</p>	<p>Gives 2 rescue breaths that do not make the chest clearly rise.</p> <p>OR</p> <p>Gives 2 rescue breaths that last 2 or more seconds.</p>

Skill Chart and Skill Assessment Tool

SKILL CHART		
CONSCIOUS CHOKING—ADULT AND CHILD		
<p>In addition to performing the steps listed in this skill chart in the correct order, participants must meet the criteria below at the proficient level to be checked off for this skill.</p> <ol style="list-style-type: none"> Give 5 back blows. <ul style="list-style-type: none"> Bend the person forward at the waist and give 5 back blows between the shoulder blades with the heel of one hand.* Give 5 quick, upward abdominal thrusts. <ul style="list-style-type: none"> Place a fist with the thumb side against the middle of the person's abdomen, just above the navel. Cover the fist with the other hand and give 5 quick, upward abdominal thrusts.* Continue sets of 5 back blows and 5 abdominal thrusts until the: <ul style="list-style-type: none"> Object is forced out. Person can cough forcefully or breathe. Person becomes unconscious.** <p><i>*Stand or kneel behind a child, depending on his or her size.</i></p> <p><i>**If a conscious adult or child becomes unconscious, carefully lower the person to the ground and give care for unconscious choking by performing CPR, starting with compressions. (See page 29.)</i></p>		
SKILL ASSESSMENT TOOL		
Criteria	Proficient	Not Proficient
Bend the person forward at the waist.	Positions person with upper airway (person's head and neck) parallel to the ground or angled slightly downward	Positions person with upper airway (person's head and neck) angled upward
Give 5 back blows.	Strikes the back with heel of one hand Strikes the center of the back between shoulder blades	Strikes the back with closed hand Strikes the back with palm Strikes the back more than 2 inches from the center of both shoulder blades
Give 5 abdominal thrusts.	Places fist within 2 inches of navel Places fist 1 inch or more away from lower tip of breastbone	Places fist more than 2 inches from navel Places fist less than 1 inch from the lower tip of breastbone (too close to breastbone)

Skill Chart and Skill Assessment Tool

SKILL CHART

CONSCIOUS CHOKING—INFANT

In addition to performing the steps listed in this skill chart in the correct order, participants must meet the criteria below at the proficient level to be checked off for this skill.

1. Give 5 back blows.
 - Give firm back blows with the heel of one hand between the infant's shoulder blades.*
2. Give 5 chest thrusts.
 - Place two or three fingers in the center of the infant's chest just below the nipple line (toward the feet) and compress the chest about 1½ inches.*
3. Continue sets of 5 back blows and 5 chest thrusts until the:
 - Object is forced out.
 - Infant can cough forcefully, cry or breathe.
 - Infant becomes unconscious.**

**Support the head and neck securely when giving back blows and chest thrusts. Keep the head lower than the chest.*

***If the infant becomes unconscious, carefully place the infant on a firm, flat surface and give care for unconscious choking by performing CPR, starting with compressions. (See page 31.)*

SKILL ASSESSMENT TOOL

Criteria	Proficient	Not Proficient
Keep the head lower than the chest.	Positions infant with upper airway (infant's head and neck) angled downward, lower than chest	Positions infant with upper airway (infant's head and neck) parallel to ground or angled upward
Support the head and neck securely.	Places thumb and fingers on infant's jaw	Places thumb on front of infant's neck Places fingers on front of infant's neck
Maintain firm support.	Holds infant securely	Drops infant Loses control of infant
Give back blows.	Strikes the back with the heel of one hand Strikes the center of the back between the shoulder blades	Strikes the back with a closed hand Strikes the back with a palm Strikes the back more than 1 inch from the center of both shoulder blades
Give chest thrusts.	Places fingers in line with the breastbone (not across/perpendicular to the breastbone) Places fingers in center of chest not more than 1 inch below nipple line	Places fingers perpendicular to breastbone Places fingers outside center of chest Places fingers more than 1 inch below nipple line Places fingers more than 1 inch above nipple line

Skill Chart and Skill Assessment Tool

SKILL CHART

CPR—ADULT AND CHILD

In addition to performing the steps listed in this skill chart in the correct order, participants must meet the criteria below at the proficient level to be checked off for this skill.

1. Give 30 chest compressions.
 - Place your hands on the center of the chest, and keep your arms as straight as possible with your shoulders directly over your hands.
 - Push hard, push fast.
 - Compress the chest at least 2 inches for an adult and about 2 inches for a child.
 - Compress at a rate of at least 100 times per minute.
 - Let the chest rise completely before pushing down again.
2. Give 2 rescue breaths.
 - Each rescue breath should last about 1 second and make the chest clearly rise.*
3. Do not stop CPR except in one of these situations:
 - You see an obvious sign of life such as breathing.
 - An AED is ready to use.
 - Another trained responder or EMS personnel take over.
 - You are too exhausted to continue.
 - The scene becomes unsafe.

**If the chest does not clearly rise with the initial rescue breath:*

1. Retilt the head before giving the second rescue breath.
2. If the second breath does not make the chest rise, the person may be choking.
3. Perform CPR, starting with chest compressions. Before attempting breaths, look for an object and, if seen, remove it.

As long as the chest does not clearly rise, continue cycles of giving 30 chest compressions, looking for an object and giving 2 rescue breaths.

SKILL ASSESSMENT TOOL

Criteria	Proficient	Not Proficient
Compress chest at least 2 inches deep for an adult.	Compresses chest straight down at least 2 inches for 24–30 times per 30 compressions	Compresses chest less than 2 inches for 7 or more times per 30 compressions
Compress chest about 2 inches deep for a child.	Compresses chest straight down at least 1¾ inches for 24–30 times per 30 compressions	Compresses chest less than 1¾ inches for 7 or more times per 30 compressions
Let chest rise completely before pushing down again.	Compresses and fully releases chest without pausing or taking hands off chest for 24–30 times per 30 compressions	Pauses or fails to fully release chest while compressing for 7 or more times per 30 compressions
Compress chest at a rate of at least 100 times per minute (30 compressions in about 18 seconds).	Compresses chest 24–36 times in about 18 seconds	Compresses chest less than 24 or more than 36 times in about 18 seconds

SKILL ASSESSMENT TOOL *Continued*

Criteria	Proficient	Not Proficient
Give rescue breaths.	Gives rescue breaths that make the chest clearly rise. Gives rescue breaths that last about 1 second	Gives 2 rescue breaths that do not make the chest clearly rise OR Gives 2 rescue breaths that last 2 or more seconds
Return to compressions.	Gives rescue breaths and returns to chest compressions within 3–6 seconds	Gives rescue breaths and returns to chest compressions but takes 7 or more seconds

Skill Chart and Skill Assessment Tool

SKILL CHART

CPR—INFANT

In addition to performing the steps listed in this skill chart in the correct order, participants must meet the criteria below at the proficient level to be checked off for this skill.

1. Give 30 chest compressions.
 - Place one hand on the infant's forehead.
 - Place two or three fingers in the center of the infant's chest just below the nipple line (toward the feet).
 - Push hard, push fast.
 - Compress the chest about 1½ inches.
 - Compress at a rate of at least 100 times per minute.
 - Let the chest rise completely before pushing down again.
2. Give 2 rescue breaths.
 - Each rescue breath should last about 1 second and make the chest clearly rise.*
3. Do not stop CPR except in one of these situations:
 - You see an obvious sign of life such as breathing.
 - An AED is ready to use.
 - Another trained responder or EMS personnel take over.
 - You are too exhausted to continue.
 - The scene becomes unsafe.

**If the chest does not clearly rise with the initial rescue breath:*

1. Retilt the head before giving the second rescue breath.
2. If the second breath does not make the chest rise, the infant may be choking.
3. Perform CPR, starting with chest compressions. Before attempting breaths, look for an object and, if seen, remove it.

As long as the chest does not clearly rise, continue cycles of giving 30 chest compressions, looking for an object and giving 2 rescue breaths.

SKILL ASSESSMENT TOOL

Criteria	Proficient	Not Proficient
Compress chest about 1½ inches deep.	Compresses chest straight down at least 1¼ inches for 24–30 times per 30 compressions	Compresses chest less than 1¼ inches for 7 or more times per 30 compressions
Let the chest rise completely before pushing down again.	Compresses and releases chest without pausing for 24–30 times per 30 compressions	Pauses while compressing or releasing for 7 or more times per 30 compressions
Compress chest at a rate of at least 100 times per minute (30 compressions in about 18 seconds).	Compresses chest 24–36 times in about 18 seconds	Compresses chest less than 24 or more than 36 times in about 18 seconds
Give rescue breaths.	Gives rescue breaths that make the chest clearly rise Gives rescue breaths that last about 1 second	Gives 2 rescue breaths that do not make the chest clearly rise OR Gives 2 rescue breaths that last 2 or more seconds
Return to compressions.	Gives rescue breaths and returns to chest compressions within 3–6 seconds	Gives rescue breaths and returns to chest compressions but takes 7 or more seconds

Skill Chart and Skill Assessment Tool

SKILL CHART

USING AN AED

In addition to performing the steps listed in this skill chart in the correct order, participants must meet the criteria below at the proficient level to be checked off for this skill.

1. Turn on the AED and follow the voice and/or visual prompts.
2. Wipe the bare chest dry.*
3. Attach AED pads to bare chest.
4. Plug in the connector if necessary.
5. Make sure that no one, including you, is touching the person.
 - Say, "Everyone stand clear."
6. Push the "analyze" button if necessary. Let the AED analyze heart rhythm.
7. If shock is advised:
 - Make sure that no one, including you, is touching the person.
 - Say, "Everyone stand clear."
 - Push the "shock" button if necessary.
8. After you deliver the shock, or if no shock is advised:
 - Perform about 2 minutes of CPR.
 - Continue to follow the prompts of the AED.

* Remove any medication patches with a gloved hand.

SKILL ASSESSMENT TOOL

Criteria	Proficient	Not Proficient
Attach AED pads to bare chest.	Places one pad on upper right chest Places one pad on left side of chest	Places one pad on upper left chest Places both pads on same side of chest Places one or more pads on location other than chest
Make sure that pads do not touch (child).	Places pads on chest so that they are separated from each other and so that the heart is between two pads OR Places one pad in the middle of the chest Places one pad on the back centered between the shoulder blades (Pads are placed so that the heart is between the two pads.)	Places pads on chest but pads touch each other OR Places the center of one pad more than 2 inches from the center of the chest Places the center of one pad more than 2 inches from the center of both shoulder blades

SKILL ASSESSMENT TOOL *Continued*

Criteria	Proficient	Not Proficient
Make sure that no one is touching the person.	Says, "Everyone stand clear" before pushing the "analyze" button if necessary Says, "Everyone stand clear" before pushing the "shock" button if necessary	Does not say, "Everyone stand clear." Pushes "analyze" button if necessary, before saying, "Everyone stand clear." Pushes the "shock" button if necessary, before saying, "Everyone stand clear."
After delivering the shock, or if no shock is advised, perform about 2 minutes of CPR.	Returns to chest compressions within 2 seconds	Returns to chest compressions after 3 or more seconds