**HeartCode® BLS**

**1- and 2-Rescuer Adult BLS Skills Testing Sheet**

See 1- and 2-Rescuer Adult BLS Skills Testing Criteria and Descriptors on next page

**Student Name:** ________________________________________________________________________  **Test Date:** ________________________

**CPR Skills (circle one):**  
- Pass  
- Needs Remediation

<table>
<thead>
<tr>
<th>Skill Step</th>
<th>Critical Performance Criteria</th>
<th>✓ if done correctly</th>
</tr>
</thead>
</table>

### 1-Rescuer Adult BLS Skills Evaluation

During this first phase, evaluate the first rescuer’s ability to initiate BLS and deliver high-quality CPR for 5 cycles.

1. **ASSESSES:** Checks for response and for no breathing or no normal breathing, only gasping (at least 5 seconds but no more than 10 seconds)

2. **ACTIVATES** emergency response system

3. **Checks for PULSE** (no more than 10 seconds)

4. **GIVES HIGH-QUALITY CPR:**
   - Correct compression HAND PLACEMENT
   - **ADEQUATE RATE:** At least 100/min (i.e., delivers each set of 30 chest compressions in 18 seconds or less)
   - **ADEQUATE DEPTH:** Delivers compressions at least 2 inches in depth (at least 23 out of 30)
   - **ALLOWS COMPLETE CHEST RECOIL:** (at least 23 out of 30)
   - **MINIMIZES INTERRUPTIONS:** Gives 2 breaths with pocket mask in less than 10 seconds

5. **DURING FIFTH SET OF COMPRESSIONS:** Second rescuer arrives with bag-mask device

   **First Rescuer Begins Bag-Mask Ventilation. Second Rescuer Gives Compressions.**

   During this next phase, evaluate the first rescuer’s ability to give breaths with a bag-mask.

6. **Both rescuers RESUME HIGH-QUALITY CPR:**
   - **SECOND RESCUER** gives 30 compressions (for 2 cycles)
   - **FIRST RESCUER** successfully delivers 2 breaths with bag-mask (for 2 cycles)

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**AFTER 2 CYCLES, STOP THE EVALUATION**

- If the student completes all steps successfully (a ✓ in each box to the right of Critical Performance Criteria), the student passed this scenario.
- If the student does not complete all steps successfully (as indicated by a blank box to the right of any of the Critical Performance Criteria), give the form to the student for review as part of the student’s remediation.
- After reviewing the form, the student will give the form to the instructor who is reevaluating the student. The student will reperform the entire scenario, and the instructor will notate the reevaluation on this same form.
- If the reevaluation is to be done at a different time, the instructor should collect this sheet before the student leaves the classroom.

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**Instructor Signature:** ______________________________________  **Remediation (if needed):**

**Print Instructor Name:** ______________________________________

**Date:** __________________________

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**Instructor Signature:** ______________________________________

**Print Instructor Name:** ______________________________________

**Date:** __________________________
HeartCode® BLS
1- and 2-Rescuer Adult BLS
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

4-5. 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

6. Provides effective breaths:
   • Opens airway adequately
   • Delivers each breath over 1 second
   • Delivers breaths that produce visible chest rise
   • Avoids excessive ventilation