

CPR Skills Training Outline

I. Adult CPR and AED Skills Test

1. Assessment and activation
 - Checks Responsiveness
 - Checks for breathing
 - Checks Pulses
 - Shouts for help/ activates emergency response system sends for AED
2. Adult Compressions
 - Performs high quality compressions
3. Adult Breaths
 - Gives 2 breaths with a barrier device
4. Cycle 2 of CPR (repeats steps in cycle 1)
5. AED (Follows prompts of AED)
6. Resumes Compressions

II. Infant Skills Testing Checklist

1. Assessment and activation
 - Checks Responsiveness
 - Checks for breathing
 - Checks Pulses
 - Shouts for help/ activates emergency response system sends for AED
2. Infant Compressions
 - Performs high quality compressions
3. Infant Breaths
 - Gives 2 breaths with a barrier device
4. Cycle 2 of CPR (repeats steps in cycle 1)
5. Evaluate 2nd rescuer
 - 15 compressions with 2 thumb-encircling hands technique
 - Evaluate rescue breaths with a bag mask device.

Online training to be completed on the P.O.S.T Learning Portal.