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.*