American Heart Association®
Learn and Live

Interim PALS CPR/AED Testing Checklist
Infant 1- and 2-Rescuer CPR Test
Released: November 11, 2010

Student Name: _____ **Date of Test:** _____

Skill Step	Critical Performance Steps	☑ if done correctly
1	**Checks unresponsiveness**	
2	**Checks for no breathing or only gasping** *Minimum 5 seconds; maximum 10 seconds*	
3	**Activates emergency response system/calls for AED**	
4	**Checks brachial pulse** *Minimum 5 seconds; maximum 10 seconds*	
5	**Locates CPR finger position**	
6	**Delivers first cycle of compressions at correct rate** *Acceptable <18 seconds for 30 compressions*	
7	**Gives 2 breaths (1 second each)**	
8	**Delivers second cycle of compressions at correct hand position** *Acceptable >23 out of 30 compressions*	
9	**Gives 2 breaths (1 second each)**	
Second rescuer arrives and takes over breathing with bag mask. Test only first rescuer. Rescuers now use 15:2 ratio.		
10	**1st rescuer delivers cycle of 15 compressions using a 2 thumb–encircling hands technique** *Acceptable >11 of 15 compressions at correct position*	
11	**1st rescuer pauses to allow 2nd rescuer to give 2 breaths**	
12	**1st rescuer delivers cycle of 15 compressions of adequate depth with full chest recoil** *Measure depth only if using instrumented manikin; otherwise observe that compressions are given*	
13	**1st rescuer pauses to allow 2nd rescuer to give 2 breaths**	
Rescuers switch places with little interruption. 1st rescuer takes over rescue breaths using bag mask. Students perform 2 more cycles of CPR. Test only 1st rescuer.		
14	**1st rescuer gives 2 breaths that produce visible chest rise during pauses in compressions using bag mask (2 cycles)**	
		STOP THE TEST
		PASS / **NR**

Interim Use Only