

PALS Course—2015 Interim Tool

1- and 2-Rescuer Infant BLS Skills Testing Sheet



Student Name: _____ Test Date: _____

1-Rescuer BLS and CPR Skills (circle one):	Pass	Needs Remediation
2-Rescuer CPR Skills		
Bag-Mask (circle one):	Pass	Needs Remediation
2 Thumb-Encircling Hands (circle one):	Pass	Needs Remediation

Skill Step	Critical Performance Criteria	✓ if done correctly
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1-Rescuer Infant 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	Checks responsiveness		
2	Yells for help, activates the emergency response system, and sends for an AED		
3	Checks breathing and pulse (breathing and pulse check can be performed simultaneously) for at least 5 seconds and no more than 10 seconds		
4	GIVES HIGH-QUALITY CPR:		
	• Correct compression FINGER PLACEMENT	Cycle 1:	
	• ADEQUATE RATE: 100 to 120/min (ie, delivers each set of 30 chest compressions in no less than 15 seconds and no more than 18 seconds)	Cycle 2:	Time:
	• ADEQUATE DEPTH: Delivers compressions at least one third the depth of the chest (approximately 1½ inches [4 cm]) (at least 23 out of 30)	Cycle 3:	
	• ALLOWS COMPLETE CHEST RECOIL (at least 23 out of 30)	Cycle 4:	
	• MINIMIZES INTERRUPTIONS: Gives 2 breaths with pocket mask in less than 10 seconds	Cycle 5:	

2-Rescuer CPR and SWITCH
 During this next phase, evaluate the FIRST RESCUER'S ability to give breaths with a bag-mask device and give compressions by using the 2 thumb-encircling hands technique. Also evaluate both rescuers' abilities to switch roles.

5	DURING FIFTH SET OF COMPRESSIONS: Second rescuer arrives with bag-mask device. RESCUERS SWITCH ROLES.		
6	Both rescuers RESUME HIGH-QUALITY CPR:	Cycle 1	Cycle 2
	• SECOND RESCUER gives 15 compressions in no less than 7 seconds and no more than 9 seconds by using 2 thumb-encircling hands technique (for 2 cycles)	X	X
	• FIRST RESCUER successfully delivers 2 breaths with bag-mask (for 2 cycles)		

AFTER 2 CYCLES, PROMPT RESCUERS TO SWITCH ROLES

7	Both rescuers RESUME HIGH-QUALITY CPR:	Cycle 1	Cycle 2
	• FIRST RESCUER gives 15 compressions in no less than 7 seconds and no more than 9 seconds by using 2 thumb-encircling hands technique (for 2 cycles)	Time:	Time:
	• SECOND RESCUER successfully delivers 2 breaths with bag-mask (for 2 cycles)	X	X

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.

Instructor Signature: _____ Print Instructor Name: _____ Date: _____	Remediation (if needed): Instructor Signature: _____ Print Instructor Name: _____ Date: _____
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