

Heartsaver®  
**Infant CPR**  
**Skills Testing Checklist**



Student Name \_\_\_\_\_ Date of Test \_\_\_\_\_

Scenario: "While you are pushing a baby in a stroller at the park, you notice something is wrong with the baby. You do not have a phone nearby. You ensure that the scene is safe and take the baby out of the stroller. Demonstrate what you would do next."

**Assesses and Shouts for Help**

- Checks responsiveness     Shouts for help     Checks breathing

Once student shouts for help, instructor says, "No one is around to help."

**Cycle 1 of CPR (30:2)**

**Infant Compressions**

- Performs high-quality compressions\*:
- Uses 2 fingers of 1 hand, 2 thumbs, or the heel of 1 hand to give compressions in the center of the chest, just below the nipple line
  - 30 compressions in no less than 15 and no more than 18 seconds
  - Compresses at least one third the depth of the chest, about 1½ inches (4 cm)
  - Complete recoil after each compression

**Infant Breaths**

- Gives 2 breaths with a barrier device:
- Each breath given over 1 second
  - Visible chest rise with each breath
  - Gives 2 breaths in less than 10 seconds

*\*CPR feedback devices preferred for accuracy.*

**Cycle 2 of CPR (repeats steps in Cycle 1) Only check box if step is successfully performed**

- Gives 30 high-quality compressions     Gives 2 effective breaths

**Cycle 3 of CPR (repeats steps in Cycle 1) Only check box if step is successfully performed**

- Gives 30 high-quality compressions     Gives 2 effective breaths

Instructor says, "You have just completed 5 sets of 30 compressions and 2 breaths."

**Activates Emergency Response System (9-1-1)**

- Verbalizes the need to leave to phone 9-1-1

**STOP TEST**

**Instructor Notes**

- Place a check in the box next to each step the student completes successfully.
- If the student does not complete all steps successfully (as indicated by at least 1 blank check box), the student must receive remediation. Make a note here of which skills require remediation (refer to instructor manual for information about remediation).

**Test Results**    Check **PASS** or **NR** to indicate pass or needs remediation:     **PASS**     **NR**

Instructor Initials \_\_\_\_\_ Instructor Number \_\_\_\_\_ Date \_\_\_\_\_

## **Infant CPR Skills Testing Critical Skills Descriptors**

- 1. Assesses infant and shouts for help (this must precede starting compressions) within a maximum of 30 seconds. After determining that the scene is safe:**
  - Checks for responsiveness by tapping and shouting
  - Shouts for help
  - Checks for no breathing or no normal breathing (only gasping)
    - Scans from the head to the chest for a minimum of 5 seconds and no more than 10 seconds
- 2. Cycle 1: Performs high-quality chest compressions (initiates compressions immediately after recognition of cardiac arrest)**
  - Correct placement of fingers in center of chest
    - 2 fingers of one hand, 2 thumbs, or the heel of 1 hand placed just below the nipple line to give compressions.
  - Compression rate of 100 to 120/min
    - Delivers 30 compressions in 15 to 18 seconds
  - Compression depth and recoil—compress at least one third the depth of the chest, about 1½ inches (4 cm)
    - Complete chest recoil after each compression
    - Use of a commercial feedback device/manikin is highly recommended
- 3. Cycle 1: Provides 2 breaths by using a barrier device**
  - Opens airway adequately
    - Uses a head tilt–chin lift maneuver
  - Delivers each breath over 1 second
  - Delivers breaths that produce visible chest rise
  - Avoids excessive ventilation
  - Resumes chest compressions in less than 10 seconds
- 4. Cycle 2: Performs same steps for compressions and breaths as in Cycle 1**
- 5. Cycle 3: Performs same steps for compressions and breaths as in Cycle 1**
- 6. Activates emergency response (9-1-1)**