



BLS Rules, LLC
Meridian, ID 83642

BLS HCP

	1	2	3	4	5	6	7	8	9	10
1 and 2 rescuer Adult BLS										
Verifies scene safety.	X	X	X	X	X	X	X	X	X	X
Assessment: Checks response, breathing, pulse 5 - 10 seconds and activates emergency response system	X	X	X	X	X	X	X	X	X	X
Cycle 1 of CPR										
Locates correct hand placement lower half of sternum	X	X	X	X	X	X	X	X	X	X
Delivers first set of compressions (30 at 15 to 18 seconds)	X	X	X	X	X	X	X	X	X	X
Compression depth at least 2"	X	X	X	X	X	X	X	X	X	X
Complete chest recoil after each compression	X	X	X	X	X	X	X	X	X	X
Gives 2 breaths at 1 second each with mask making chest visibly rise. Returns to compressions w/in 10 seconds	X	X	X	X	X	X	X	X	X	X
Delivers 2nd Cycle of CPR(Repeat steps in Cycle 1)										
Gives 2 breaths at 1 second each with mask making chest visibly rise. Returns to compressions w/in 10 seconds	X	X	X	X	X	X	X	X	X	X
<i>AED Arrives, Rescuer 2 could take over compressions</i>										
Rescuer follows AED prompts (power, pad placement, Clear and analyze, clear and shock)	X	X	X	X	X	X	X	X	X	X
Resume compressions (if 2-rescuer, student tells instructor to resume)	X	X	X	X	X	X	X	X	X	X
Passed	X	X	X	X	X	X	X	X	X	X
Needs Remediation										

I verify that this information is accurate and truthful and that it may be confirmed as being taught in accordance with AHA Guidelines.

Signature _____

Date: _____



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	1	2	3	4	5	6	7	8	9	10
1 and 2 Rescuer Infant BLS Skills										
Verifies scene safety.	X	X	X	X	X	X	X	X	X	X
Assessment: Checks response, breathing, pulse 5 - 10 seconds and activates emergency response system	X	X	X	X	X	X	X	X	X	X
Cycle 1 of CPR										
Locates correct finger placement in center of chest below nipple line	X	X	X	X	X	X	X	X	X	X
Delivers first set of compressions (30 at 15 to 18 seconds)	X	X	X	X	X	X	X	X	X	X
Compression depth at 1.5"	X	X	X	X	X	X	X	X	X	X
Complete chest recoil after each compression	X	X	X	X	X	X	X	X	X	X
Gives 2 breaths at 1 second each with mask making chest visibly rise. Returns to compressions w/in 10 seconds	X	X	X	X	X	X	X	X	X	X
Delivers 2nd CPR Cycle (Repeat steps in Cycle 1)										
Rescuer 2 arrives with BVM and begins ventilation while rescuer 1 con't compressions w 2-thumb encircling hands technique)	X	X	X	X	X	X	X	X	X	X
Cycle 3 of CPR										
Rescuer 1 gives 15 compressions w 2-thumb encircling hands technique	X	X	X	X	X	X	X	X	X	X
Rescuer 1 gives 15 compressions in 7 - 9 seconds	X	X	X	X	X	X	X	X	X	X
Rescuer 1 compresses 1.5 inches depth	X	X	X	X	X	X	X	X	X	X
Complete chest recoil after each compression	X	X	X	X	X	X	X	X	X	X
Cycle 4 of CPR										
Rescuer 1 gives 2 breaths with BVM at 1 second each with visible chest rise and resumes compressions within 10 seconds	X	X	X	X	X	X	X	X	X	X
Passed	X	X	X	X	X	X	X	X	X	X
Needs Remediation										

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Signature _____

Date: _____