

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



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

Community Scenario: "While you are pushing an infant in a stroller at the park, you notice something is wrong with them. You are alone and do not have a phone nearby. Demonstrate what you would do next."

Home/Daycare Scenario: "You've just put an infant down for a nap. As you turn to leave, you hear a strange, gasping breath coming from the infant and quickly recognize that they're not breathing normally. You are alone and do not have a phone nearby. Demonstrate what you would do next."

**Assessment and Activation**

- Assesses scene safety    Verbalizes the scene is safe    Taps and shouts to check responsiveness\*  
 Shouts for help†    Checks breathing

\*After the student taps and shouts, the instructor says, "The infant is unresponsive."

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

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

**Infant Compressions**

- Performs compressions\*:
- Uses 2 thumb-encircling hands technique or the heel of one hand to give compressions in the center of the chest, on the lower half of the breastbone, just below the nipple line.
  - 30 compressions in no less than 15 and no more than 18 seconds (\_\_\_\_\_ 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
  - Returns to compressions 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 compressions (\_\_\_\_\_ seconds)    Gives 2 effective breaths

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

- Gives 30 compressions (\_\_\_\_\_ seconds)    Gives 2 effective breaths

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

**Activates Emergency Response System (911)**

- Verbalizes the need to leave (or take infant with them) to call 911 and get an AED

**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 \_\_\_\_\_