

Adult Continuous Compressions Skills Testing Critical Skills Descriptors

Rescuer 1 performs these skills during the continuous compressions skills testing for successful completion requirements. Only Rescuer 1 is being tested.

1. Assessment and Activation

Assesses the victim and activates the emergency response system (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/directs someone to call for help and get AED/defibrillator
- 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
- Checks carotid pulse
 - Can be done simultaneously with check for breathing
 - Checks for a minimum of 5 seconds and no more than 10 seconds

2. Compressions

Performs high-quality chest compressions (initiates compressions immediately after recognition of cardiac arrest)

- Correct hand placement
 - Lower half of sternum
- Perform continuous compressions for 2 minutes (100 to 120/min)
- Compression depth and recoil—at least 2 inches (5 cm) and avoid compressing more than 2.4 inches (6 cm)
 - Complete chest recoil after each compression

3. AED

Turns on and follows prompts of AED

- Powers on AED
 - Turns AED on by pushing button or lifting lid as soon as it arrives
- Correctly attaches pads
 - Places proper-sized (adult) pads for victim's age in correct location
- Clears for analysis
 - Clears rescuers from victim for AED to analyze rhythm (pushes analyze button if required by device)
 - Communicates clearly to all other rescuers to stop touching victim
- Clears to safely deliver shock
 - Communicates clearly to all other rescuers to stop touching victim
- Delivers a shock
- Shocks within 45 seconds of AED arrival*

4. Resumes Compressions

- Rescuer 1 ensures that chest compressions resume immediately after shock delivery
 - Student directs instructor to resume compressions *or*
 - Second student resumes compressions

5. Ventilation

Immediately switches with Rescuer 2 to begin ventilation

- Delivers 1 breath every 6 seconds during the continuous compressions from Rescuer 2
 - You can stop the skills test after one minute if you determine that Rescuer 1 was able to provide effective ventilation every 6 seconds.

*If your local protocol exceeds these requirements, you may test to your local protocol and use this as minimum guidance.