

**St. David's Institute for Learning  
BLS SKILLS TRACKING SHEET-2015 Guidelines**

Name: _____ Title _____ Facility _____ Unit/Dept _____		
Course (circle): <u>BLS Provider</u> —New / Renewal / Heartcode / <u>Heartsaver</u> —New / Renewal / <u>Family and Friends</u>		
Instructor Name _____ AHA Instructor #: _____		
Date: _____ Course Location: _____		
<b>PASS=completed without problems; NR=Needs Remediation</b>	<b>PASS</b>	<b>NR</b>
<b>Adult-1 and 2 Rescuer</b>		
<b>Checks for responsiveness and breathing</b>		
<b>Calls for Help—EMS or Code/Sends for AED</b>		
<b>Checks carotid pulse for at least 5 and no more than 10 seconds</b>		
<b>Performs 30 high quality compressions at 100-120/min:</b>		
• Hand placement lower half of sternum		
• 30 compressions in <b>no less than 15 and no more than 18 seconds</b>		
• Compresses at least 2 inches (5 cm)		
• Complete recoil after each compression		
<b>Gives two breaths with barrier device:</b>		
• Each breath over 1 second		
• Visible chest rise with each breath		
• Resumes compression in less than 10 seconds		
<b>Cycle 2 of CPR (Repeats steps in Cycle 1):</b>		
• Compressions		
• Breaths		
• Resumes compression in less than 10 seconds		
<b>Rescuer 2 arrives, says “Here is the AED. I’ll take over compressions and you use the AED.”</b>		
<b>AED Used Correctly:</b>		
• Powers on AED		
• Correctly attaches pads		
• Clears for analysis		
• Clears to safely deliver shock		
• Safely delivers shock		
<b>Resumes compressions and breaths:</b>		
• 2 <sup>nd</sup> rescuer ensures compressions are resumed immediately after shock delivery		
• 1 <sup>st</sup> rescuer delivers 2 adequate breaths after 30 compressions		
<b>Instructor Assessment and Comments:</b>		
• Passed without remediation		
• Remediation required—Explain:		
<b>Instructor Initials</b>		

<b>Infant-1 and 2 Rescuer</b>	<b>PASS</b>	<b>NR</b>
<b>Checks for responsiveness and breathing</b>		
<b>Calls for Help—EMS or Code</b>		
<b>Checks brachial pulse for at least 5 and no more than 10 seconds</b>		
<b>Performs 30 high quality compressions at 100-120/min:</b>		
• Placement of 2 fingers in 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 1 ½ inches (4cm)		
• Complete recoil after each compression		
<b>Delivers 2 breaths with barrier device</b>		
• Each breath given over 1 second		
• Visible chest rise with each breath		
• Resumes compressions in less than 10 seconds		
<b>Cycle 2 of CPR (Repeats steps in Cycle 1):</b>		
• Compressions		
• Breaths		
• Resumes compressions in less than 10 seconds		
<b>Rescuer 2 arrives and begins ventilation while rescuer 1 continues compressions with 2 thumb-encircling hands technique</b>		
<b>Rescuer 1 performs high-quality compressions:</b>		
• 15 compressions with 2 thumb-encircling hands technique		
• 15 compressions in no less than 7 and no more than 9 seconds		
• Compresses at least one third the depth of the chest, about 1 ½ inches (4cm)		
• Complete recoil after each compression		
• Verifies that Rescuer 2 is delivering adequate breaths		
<b>Rescuer 2 delivers adequate breaths:</b>		
• Each breath given over 1 second		
• Visible chest rise with each breath		
• Resumes compressions in less than 10 seconds		
<b>Instructor Assessment and Comments:</b>		
• Passed without remediation		
• Remediation required—Explain:		
<b>Instructor Initials</b>		