



BLS SCENARIO – Adult (Single Rescuer)
 (Test administrator dialogue provided in italics)

You are at the gym running on the treadmill when you notice someone nearby yelling for help. Another gym goer has collapsed to the ground.

1. The examinee should secure the scene. (*Scene is safe*)
2. Assesses patient responsiveness. (*No pulse present, no breaths observed*)
3. Directs someone to call for help and get the AED. (*Bystanders have gone to call 911 and get the AED*)
4. Demonstrates correct CPR hand placement and body positioning over patient.
5. Demonstrates correct compression rate and depth, and allows for complete chest recoil.
6. Demonstrates opening the airway, gives effective breaths, and observes visible chest rise.
7. Have examinee perform a second round of CPR. (*AED has arrived, switch providers giving compressions*)
8. Demonstrates correct placement of AED, without interrupting CPR. (*AED analyzes rhythm*)
9. Examinee clears patient for rhythm check and shock. (*Shock delivered*)
10. Examinee immediately returns to CPR after shock delivered.

BLS Scenario – Adult (Single Rescuer) Checklist		
Skill Tested	Completed	
	Yes	No
Establish scene safety		
Assess patient responsiveness (check for pulse/breathing, no longer than 10 sec)		
Activates emergency response (calls for help/AED)		
Correct CPR hand placement and positioning		
Correct CPR rate (100-120/min.) and depth (2 inches)		
Allows for complete recoil of chest between compressions		
Airway opened appropriately (head tilt/chin lift, jaw thrust)		
Delivers 2 breaths (each over 1 second) with visible chest rise		
Correct AED placement without disrupting compressions		
Clear of patient for rhythm analysis and shock		
Compressions immediately resumed after shock		