



DIRECTIONS for Skills Testing:

The examiner is to read the BLS scenario to the examinee while following along with the corresponding checklist. The examiner is to check off each portion of the checklist, as the examinee verbalizes and demonstrates their knowledge and skill in current BLS concepts and mechanics. The examiner should not provide answers or additional guidance beyond the information presented in the scenario. If the examiner must guide the student to the correct answer, that portion of the checklist should be marked as incomplete and the student will need to repeat the BLS scenario after appropriately reviewing the portion they performed incorrectly. The examiner should provide feedback if the student is needing to repeat the test.

*DISCLAIMER: Only a current certified BLS provider can administer the test.

*The student is to be testing only on 1 of the following BLS scenarios.

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 | | |

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

You are at a company Christmas party when a fellow coworker nearby starts yelling for help. A fellow employee 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. Begins Two-Rescuer CPR. Demonstrates correct CPR hand placement and body positioning over patient.
5. Demonstrates opening the airway, gives effective breaths, and observes visible chest rise.
6. After two minutes of two-rescuer CPR they pause to check for a pulse. (*No pulse present*)
7. Examinee takes the position of providing rescue breaths and begins a second round of CPR. (*AED has arrived, switch providers giving compressions*)
8. Examinee immediately returns to CPR after shock delivered.

BLS SCENARIO – Adult (Two-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 | | |

BLS SCENARIO – Child Over 1 Year (Single Rescuer)

You are a daycare provider caring for children that are playing at a park. Suddenly, you witness a 4-year-old collapse to the ground.

1. Examinee secures the scene. (*Scene is safe*)
2. Assesses patient responsiveness. (*No pulse present, no breaths observed*)
3. Calls for help and gets AED first, then begins CPR.
4. Demonstrates correct CPR hand placement, one palm or both palms one over the other, on lower sternum between the nipples.
5. Performs single rescuer CPR: 30 compressions/2 breaths for 5 cycles (2 min).
6. Demonstrates correct compression rate, depth and complete chest recoil.
7. Opens airway, gives effective breaths, and observes visible chest rise. (*Help arrives with an AED.*)
8. Demonstrates correct placement of AED pads.
9. Clear of the patient during rhythm analysis/shock.
10. Continues CPR immediately after shock delivery.

BLS SCENARIO – Child Over 1 Year (Single Rescuer)

| Skill Tested | Completed | |
|---|-----------|----|
| | Yes | No |
| Establishes scene safety. | | |
| Assesses patient responsiveness (stimulate/speak to child, check breathing/pulse) | | |
| Collapse witnessed: Calls emergency response, gets AED, then starts CPR. | | |
| Demonstrates correct hand placement (one or both palms one over the other, on lower sternum between the nipples.) | | |
| Delivers 30 compressions / 2 breaths over; 5 cycles (2 min). | | |
| Demonstrates correct CPR rate: (100-120/min.) and depth (2 inches). | | |
| Allows complete recoil of chest between compressions. | | |
| Opens airway appropriately (head tilt/chin lift, jaw thrust). | | |
| Delivers 2 breaths with visible chest rise. | | |
| Performs correct AED placement. | | |
| Stays clear of patient for rhythm analysis and shock. | | |
| Immediately resumes CPR after shock. | | |

BLS SCENARIO – Child Over 1 Year (Two-Rescuer)

You and a friend are watching children play in a public pool. The pool is very busy with several families swimming. Suddenly you notice a 3-year-old lying face down in the pool motionless.

1. Establishes scene safety. (*Scene is safe.*)
2. Assesses child's responsiveness. (*No pulse detected. patient is not breathing. There are several adults there ready to help.*)
3. Examinee directs bystander to call for help and get AED, while examinee begins 2 provider CPR.
4. Demonstrates correct CPR hand placement: one palm or both palms one over the other, on lower sternum between the nipples.
5. Provides 15 compressions / 2 breaths, for 10 cycles (2 min).
6. Demonstrates correct compression rate, depth, and allows for complete chest recoil.
7. Opens airway appropriately, and observes visible chest rise with breaths. (*Bystander has returned with AED.*)
8. Examinee switches role with second provider. Second provider now performs opposite role (compressions or breaths).
9. Examinee demonstrates correct placement of AED without interruption.
10. Examinee directs everyone to be clear of patient during rhythm analysis and shock.
11. Continues CPR immediately after shock delivered.

BLS SCENARIO – Child Over 1 Year (Two-Rescuer)

| Skill Tested | Completed | |
|--|-----------|----|
| | Yes | No |
| Establishes scene safety. | | |
| Assesses patient responsiveness. (Stimulates and speaks to child. Checks for breathing and a pulse.) | | |
| Directs bystander to call emergency response and get AED, and begins two-provider CPR. | | |
| Demonstrates correct hand placement: one or both palms one over the other, on lower sternum between the nipples. | | |
| Performs 15 compressions to 2 breathes for 10 cycles (2 min). | | |
| Demonstrates correct CPR rate (100-120/min.) and depth (2 inches). | | |
| Allows complete recoil of chest between compressions. | | |
| Opens airway appropriately. (head tilt/chin lift or jaw thrust-if cervical injury is not ruled out) | | |
| Delivers 2 breaths while watching for visible chest rise. | | |
| Providers switch at 2 minutes. | | |
| Correctly places AED without disrupting compressions. | | |
| Stays clear of patient for rhythm analysis and shock. | | |
| Immediately resumes CPR after shock. | | |

BLS SCENARIO – Infant 0-1 Year (Single Rescuer)

You are babysitting a 4-month-old infant that is lying in his crib. You go to prepare a bottle of milk and when you return the infant appears to be unresponsive.

1. The examinee should secure the scene. (*Scene is safe*)
2. Assesses patient responsiveness. (*No pulse present, no breaths observed*)
3. Commences 2 min CPR first, then calls for help/gets AED.
4. Demonstrates correct CPR hand placement - two fingers over sternum of chest.
5. Performs single rescuer CPR: 30 compressions/2 breaths for 5 cycles.
6. Demonstrates correct compression rate, depth and complete chest recoil.
7. Opens airway, gives effective breaths, and observes visible chest rise. (*Help arrives with an AED*)
8. Demonstrates correct placement of AED pads.
9. Stays clear of the patient during the rhythm analysis and shock.
10. Continues CPR immediately after shock delivery.

BLS SCENARIO – Infant 0-1 Year (Single Rescuer)

| Skill Tested | Completed | |
|---|-----------|----|
| | Yes | No |
| Establishes scene safety. | | |
| Assess patient responsiveness. (stimulates and speaks to infant, check breathing and pulse) | | |
| Collapse un-witnessed: Perform 2 minutes of CPR first, then calls emergency response and retrieves the AED. | | |
| Demonstrates correct hand placement. (two fingers on sternum of lower chest) | | |
| Delivers 30 compressions to 2 breaths over 5 cycles (2 minutes). | | |
| Demonstrates correct CPR rate (100-120/min.) and depth (1.5 in. or 1/3 of chest). | | |
| Allows complete recoil of chest between compressions. | | |
| Airway opened appropriately (head tilt/chin lift, jaw thrust). | | |
| Delivers 2 breaths with visible chest rise. | | |
| Correct AED placement without disrupting compressions. | | |
| Stays clear of patient for rhythm analysis and shock. | | |
| CPR immediately resumed after shock. | | |

BLS SCENARIO – Infant 0-1 Year (Two-Rescuer)

You and another nurse are getting dinner after a shift when a woman yells for help. Her 3-month old infant has become unresponsive.

1. Establishes scene safety. (*Scene is safe*)
2. Assesses infant's responsiveness. (*No pulse detected, not breathing*)
3. Examinee directs mother to call for help and get AED, and proceeds to perform two-provider CPR.
4. Demonstrates correct CPR hand placement, having the hands encircle the infant's torso with thumbs midline over sternum, 1 cm below nipple line.
5. Gives 15 compressions to 2 breaths for 10 cycles.
6. Demonstrates correct compression rate, depth, and allows for complete chest recoil.
7. Opens airway, and observes for visible chest rise with breaths given. (*mother has returned with AED*).
8. Examinee switches roles with second provider. Second provider now performs CPR compressions.
9. Examinee demonstrates correct placement of AED pads, without disrupting compressions.
10. Examinee directs everyone to be clear of patient during rhythm analysis and shock.
11. Continues CPR immediately after shock delivered.

BLS SCENARIO – Infant 0-1 Year (Two-Rescuer)

| Skill Tested | Completed | |
|---|-----------|----|
| | Yes | No |
| Establishes scene safety. | | |
| Assesses patient responsiveness. (Stimulates and speaks to infant. Checks for breathing and pulse.) | | |
| Starts two-provider CPR. | | |
| Demonstrates correct hand placement (hands encircle infant’s torso with both thumbs positioned midline over the sternum, 1 cm below nipples.) | | |
| Performs 15 compressions to 2 breathes for 10 cycles (2 min). | | |
| Demonstrates correct CPR rate (100-120/min.) and depth (1.5 in. or 1/3 of chest). | | |
| Allows for complete recoil of the chest between compressions. | | |
| Opens the airway appropriately (head tilt/chin lift, jaw thrust). | | |
| Delivers 2 breaths with visible chest rise. | | |
| Providers switch CPR roles at 2 minutes (10 cycles). | | |
| Places the AED pads on the patient correctly, without disrupting compressions. | | |
| Stays clear of patient for rhythm analysis and shock. | | |
| Resumes CPR immediately after shock. | | |



I, _____, the examiner, attest that I am currently certified in Basic Life support (BLS), and that the examinee has successfully completed all aspects of the BLS live skills test as provided by United Medical Education, in accordance with the current international CPR and ECC guidelines.

Examinee Name: _____ Examinee Signature: _____

Date Signed: _____

Examiner Name: _____ Examiner Signature: _____

Date Signed: _____

Corresponding Provider Card Verification Number (VN): _____

This sheet is to be kept with the corresponding BLS provider card of the examinee.