

CPR Competency Skills Checklist

By initialing each item on the competency checklist below, I affirm that I have watched the self-study video and practiced the skills required of this training on a training mannequin. I understand that I can take a full CPR and First Aid class as an alternative to this self study training. By signing this form at the bottom of the page, I confirm that I understand that the first action step during a breathing or any other medical emergency is to call 9-1-1 immediately and then follow the directions given by Central Dispatch. I understand that directions given by Central Dispatch supersede all other information.

- I understand that if a person does not respond by moving, speaking, blinking or otherwise react when tapped and asked if he/she is okay, 9-1-1 must be called immediately and immediate assistance must be given.
- I understand that CPR has 2 main parts: compressions and giving breaths.
- I understand that pushing hard and fast on the chest is the most important part of CPR. I understand that pushing hard on the chest pumps blood into the brain and heart.
- I understand that the unresponsive person must be lying on his/her back on a firm, flat surface in order to push hard and push fast.
- I understand that I must check for breathing.
- I understand that I must move clothes out of the way.
- I understand that I must position the heel of my hand on the lower half of the breastbone and put my other hand on top of the first.
- I understand that it is critical that I push down at least 2 inches at the rate of at least 100 compressions a minute.
- I understand that it is very important that I let the chest come back up to its normal position.
- I understand that I must compress the chest 30 times.
- I understand that to open a person's airway, I will put 1 hand on the forehead and my fingers of my other hand on the bony part of the chin.
- I understand that I must tilt the person's head back and lift the chin.
- I understand that I must pinch the person's nose closed.

- I understand that I must cover the person's mouth with my mouth and give 2 breaths that last 1 second each. I understand that I must watch to see if the chest rises as I give a breath.
- I understand that if the chest does not rise, I will allow the head to go back to normal position and then re-tilt the head and lift the chin and give another breath.
- I understand that I must not interrupt compressions more than 10 seconds to give breaths and must begin pushing hard and pushing fast on the chest again.
- I understand that I must continue to give compressions and breaths until the person starts to breathe or move, or until someone with more advanced training arrives and takes over.

Signature _____ Date _____

Employer Signature _____ Date _____