

IOWA HEART ASSOCIATION
AMERICAN HEART ASSOCIATION
CARDIOPULMONARY RESUSCITATION AND EMERGENCY CARDIAC CARE
PERFORMANCE TEST FOR ONE AND TWO RESCUER CPR

NAME: _____

DATE: _____

ELAPSED TIME (Seconds)		ACTIVITY AND TIME (Seconds)	CRITICAL PERFORMANCE	PASS	FAIL
Min.	Max.				
ONE RESCUER ↑	4	10	Establish unresponsiveness and call out for help. Allow 4 - 10 sec. if face down and turning is required.	Shake shoulder, shout - "Are you OK?" Call out - "Help!" Turn if necessary	
			Adequate time		
	7	15	Open airway. Establish breathlessness. (Look, Listen, and Feel) (3 - 5 sec.)	Kneels properly Head tilt with one hand on forehead and neck lift or chin lift with other hand. Ear over mouth, observe chest.	
	10	20	Four ventilations. (3 - 5 sec.)	Ventilate properly 4 times and observe chest rise.	
	15	30	Establish pulse and simulate activation of EMS system (5 - 10 sec.)	Fingers palpate for carotid pulse on near side (other hand on forehead maintains head tilt) Know local EMS number. Adequate time.	
TWO RESCUER ↓	69	96	Four cycles of 15 compressions 2 ventilations (54 - 66 sec.)	Proper body position Landmark check each time Position of hands Vertical compression Says mnemonic Proper rate Proper ratio No bouncing Ventilates properly	
	72	101	Check for return of pulse and spontaneous breathing. (Pupil check optional) (3 - 5 sec.)	Check pulse and breathing (Pupil check optional)	
	80	111	Minimum of two cycles of 5 compressions and 1 ventilation (8 - 10 sec.) Switch and repeat until examiner is satisfied	Changes rate of compression Says mnemonic Interposes breath No pause for ventilation Calls for switch Switches Switches back Checks pulse (by ventilator) (Pupil check - optional) Technique as above	

For single rescuer - Number of compressions 60 Number of ventilations 12

INSTRUCTOR: _____ Single Rescuer technique (Check) PASS FAIL

Two Rescuer technique (Check) PASS FAIL

7/25/77

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PERFORMANCE TEST FOR INFANT RESUSCITATION

NAME: _____

DATE: _____

ELAPSED TIME (Seconds)		ACTIVITY AND TIME (Seconds)	CRITICAL PERFORMANCE	PASS	FAIL
Min.	Max.				
3	5	Establish unresponsiveness and call out for help (including turning) (3 - 5 sec.)	Shake shoulder, shout - "Are you OK?" Call out - "Help!" Turn if necessary Infant horizontal Adequate time		
6	10	Open airway. Establish breathlessness. (3 - 5 sec.)	Tip head back. Do not hyperextend. Put ear over mouth to feel for breathing.		
9	15	Four ventilations (3 - 5 sec.)	Use small breaths to ventilate		
14	25	Establish pulse and simulate activation of EMS system (5 - 10 sec.)	Fingers palpate for carotid or precordial pulse. Know local EMS number.		
44	55	8 cycles of 5 compressions and 1 ventilation Continue uninterrupted (30 sec.)	Two fingers (mid-sternum) for compressions 80 to 100 compressions per minute		

Number of Compressions 40-50

Number of Ventilations 12-14

INSTRUCTOR _____ (Check) PASS ____ FAIL ____

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IHA-4/78

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PERFORMANCE TEST FOR OBSTRUCTED AIRWAY

UNCONSCIOUS VICTIM, SUPINE

NAME: _____

DATE: _____

ELAPSED TIME (Seconds)		ACTIVITY AND TIME (Seconds)	CRITICAL PERFORMANCE	PASS	FAIL
Min.	Max.				
4	10	Establish unresponsiveness and call out for help. Allow 4 - 10 sec. if face down and turning is required.	Shake shoulder, shout - "Are you OK?" Call out - "Help!" Turn if necessary. Adequate time.		
7	15	Open airway. Establish breathlessness. (Look, Listen, and Feel) (3 - 5 sec.)	Kneels properly. Head tilt with one hand on forehead and neck lift or chin lift with other hand. Ear over mouth, observe chest.		
10	20	Attempt to ventilate (3 - 5 sec.)	Attempt ventilation. Airway remains obstructed.		
13	25	Reattempt ventilation (3 - 5 sec.)	Reposition head, airway remains obstructed.		
17	31	4 Back Blows (4 - 6 sec.)	Roll victim toward you, using your thigh for support. Give 4 forceful and rapidly delivered blows to back between shoulder blades.		
22	37	4 Abdominal Thrusts (5 - 6 sec.) <u>OR</u>	Position yourself with your knees close to victim's hips. Place heel of one hand between lower breastbone and navel and second hand on top. Press into abdomen with quick upward thrusts.		
		4 Chest Thrusts (5 - 6 sec.)	Same hand position as for applying closed chest cardiac compression. Exert quick downward thrusts.		
28	45	Check for foreign body using finger. (6 - 8 sec.)	Turn head to side, open mouth with jaw-lift technique and sweep deeply into mouth with hooked finger.		
31	50	Attempt to ventilate. (3 - 5 sec.)	Reposition head. Airway remains obstructed.		
		Verbally indicate repeat of above sequence until effective.	Verbalize alternating the above maneuvers in rapid sequence.		

INSTRUCTOR: _____ (Check) PASS _____ FAIL _____

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CONSCIOUS VICTIM, SITTING OR STANDING; COMPLETE AIRWAY OBSTRUCTION

NAME: _____

DATE: _____

ELAPSED TIME (Seconds)		ACTIVITY AND TIME (Seconds)	CRITICAL PERFORMANCE	PASS	FAIL
Min.	Max.				
2	3	Rescuer asks: "Can you speak?" (Look, Listen and Feel for breathing) (2 - 3 sec.)	Rescuer must identify complete airway obstruction by asking victim if he is able to speak.		
5	8	4 Back Blows (3 - 5 sec.)	Deliver 4 sharp blows rapidly and forcefully to the back between the shoulder blades; support the victim's chest with other hand		
9	13	4 Abdominal Thrusts (4 - 5 sec.)	Stand behind victim and wrap your arms around his waist. Grasp one fist with your other hand and place thumb side of your fist between breastbone and navel. Press fist into abdomen with quick upward thrusts.		
		<u>OR</u> 4 Chest Thrusts (4 - 5 sec.)	Stand behind victim and place your arms under victim's armpits to encircle the chest. Grasp one fist with other hand and place thumb side of fist on breastbone. Press with quick backward thrusts.		
		Verbally indicate repeat of above sequence until effective.	Verbalize alternating the above maneuvers in rapid sequence.		

INSTRUCTOR: _____ (Check) PASS _____ FAIL _____