Pacific Medical Training
3103 Philmont Ave, Suite 308
Huntingdon Valley, PA 19006
1-484-464-2882

BLS Course provider skills verification form

After completing Pacific Medical Training's online BLS course, email this completed form with your instructor's BLS instructor credential to support@pacificmedicaltraining.com. The instructor must hold a valid American Heart Association instructor credential. They will initial each area that has been successfully completed. Please note that the instructor does NOT issue you a new card. Your Pacific Medical Training BLS card is issued directly from Pacific Medical Training.

BASIC CARDIAC LIFE SUPPORT SKILLS TESTING FOR AN ADULT **(Pass or Needs Remediation)**	**PASS**	**NR**
Recognize lack of normal breathing and unresponsiveness • Activate the EMS or internal emergency system • Either get or send someone to get the AED		
Initiate compressions at a rate of 100–120/min • Compress the chest at least 2 inches, allow complete chest recoil • Open the airway, using tilt/chin lift, ventilate using a ratio of 30:2		
Attach and utilize the AED as soon as it arrives • Continue compressions while the AED charges • If shock is advised - Clear for shock - Press the shock button - Initiate compressions immediately following the shock • If no shock is advised, resume chest compressions for 2 minutes • Change rescuers performing CPR every 2 minutes or sooner if tired		

BASIC CARDIAC LIFE SUPPORT SKILLS TESTING FOR A CHILD **(Pass or Needs Remediation)**	**PASS**	**NR**
Recognize lack of normal breathing and unresponsiveness • Activate the EMS or internal emergency system • If someone is available, send them to get the AED • If no one is available, begin steps of CPR for 2 minutes, then activate EMS & retrieve the AED		
Begin CPR • Initiate compressions at a rate of 100–120/min, ⅓ depth, with one or two hands, allow full chest recoil. • Open the airway, using tilt/chin lift, ventilate using a ratio of 30:2		
Attach and utilize the AED immediately when it becomes available • Place the AED pads according to pictures on the pads • Continue compressions throughout, except when advised by the AED • If shock is advised - Clear for shock - Press the shock button - Initiate compressions immediately following the shock • If no shock is advised, resume chest compressions for 2 minutes • Change rescuers performing CPR every 2 minutes or sooner if tired		

BASIC CARDIAC LIFE SUPPORT SKILLS TESTING FOR AN INFANT **(Pass or Needs Remediation)**	**PASS**	**NR**
Recognize lack of normal breathing and unresponsiveness • Tap or flick the feet to establish responsiveness • Activate the EMS or internal emergency system • If someone is available, send them to get the AED • If no one is available, begin steps of CPR for 2 minutes, then activate EMS and retrieve the AED		
Begin CPR • Initiate compressions at a rate of 100–120/min, ⅓ depth, with the heel of one hand or using two thumbs side by side encircling the chest wall with your hands below the nipple line • Compress the child's chest at least 1/3 the depth of the chest wall (about 2 inches) utilizing one hand or two hands depending on the size of the child, allow complete chest recoil • Open the airway, using tilt/chin lift, ventilate using a ratio of 30:2		

Open the airway using head/tilt chin lift and ventilate with a pocket mask. • Ventilate successfully using a ratio of 30:2		
Attach and utilize the AED immediately when it becomes available • Choose pediatric pads, if available. If not, recognize that adult pads may be used • Place the AED pads according to pictures on the pads • Continue compressions throughout, except when advised by the AED • If shock is advised - Clear for shock - Press the shock button - Initiate compressions immediately following the shock • If no shock is advised, resume chest compressions for 2 minutes • Change rescuers performing CPR every 2 minutes or sooner if tired		

CHOKING SKILLS TESTING FOR AN ADULT **(Pass or Needs Remediation)**	**PASS**	**NR**
Recognize signs of choking, such as absence of adequate breathing, poor or no air exchange. Ask "Are you choking?"		
Stand behind the adult, give 5 back blows, then 5 abdominal thrusts by wrapping your arms around their waist, placing a fist in the correct position (just above the belly button).		
Alternate 5 back blows and 5 abdominal thrusts until object is dislodged.		
If at any time the adult becomes unresponsive, begin the steps to administer CPR. Before giving rescue breaths, check for a foreign object.		
Send someone to call 9-1-1 or use a cell phone on speaker to keep hands free.		

CHOKING SKILLS TESTING FOR A CHILD **(Pass or Needs Remediation)**	**PASS**	**NR**
Recognize signs of choking, such as absence of adequate breathing, poor or no air exchange. Ask "Are you choking?"		
Stand, or kneel if needed, give 5 back blows, then 5 abdominal thrusts by wrapping your arms around their waist, placing a fist in the correct position (just above the belly button).		
Alternate 5 back blows and 5 abdominal thrusts until the object is dislodged.		
If at any time the child becomes unresponsive, begin the steps to administer CPR. Before giving rescue breaths, check for a foreign object.		
Send someone to call 9-1-1 or use a cell phone on speaker to keep hands free.		

CHOKING SKILLS TESTING FOR AN INFANT **(Pass or Needs Remediation)**	**PASS**	**NR**
Recognize signs of choking, such as absence of adequate breathing, poor or no air exchange.		
Place the infant in a head-down position on your forearm, supporting their head and neck.		
Deliver 5 back blows between the shoulder blades.		
Turn the infant and perform 5 chest thrusts using two fingers on the sternum.		
Continue alternating between 5 back blows and 5 chest thrusts until the infant begins to cry.		
If at any time the infant becomes unresponsive, begin the steps to administer CPR. Before giving rescue breaths, check for a foreign object.		
Send someone to call 9-1-1 or use a cell phone on speaker to keep hands free.		

The above information is accurate to the best of my knowledge. The INSTRUCTOR holds a valid American Heart Association BLS instructor credential. The STUDENT has successfully demonstrated the skills listed above.

STUDENT			
_____ Name	_____ Signature	_____ Date	_____ State and license number

INSTRUCTOR		
_____ Name	_____ Signature	_____ Date
_____ Profession	_____ Specialty	