



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

## **ADULT, CHILD, AND INFANT CPR, FIRST AID, and AED COURSE PROVIDER SKILLS VERIFICATION FORM**

*After completing Pacific Medical Training’s online Adult, Child, and Infant CPR, First Aid, and AED course, email this completed form with your instructor’s BLS instructor credential to [support@pacificmedicaltraining.com](mailto: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 Adult, Child, and Infant CPR, First Aid, and AED card is issued directly from Pacific Medical Training.*

### **Basic cardiac life support skills testing for an ADULT**

<b>SKILL</b>	<b>PASS</b>	<b>Requires remediation</b>
Recognize lack of normal breathing and unresponsiveness <ul style="list-style-type: none"> <li>• Activate the EMS or internal emergency system</li> <li>• Either get or send someone to get the AED</li> </ul>		
Initiate compressions at a rate of 100–120/min <ul style="list-style-type: none"> <li>• Compress the chest at least 2 inches</li> <li>• Allow complete chest recoil</li> </ul>		
Open the airway using the head tilt/chin lift <ul style="list-style-type: none"> <li>• Ventilate successfully using a ratio of 30:2</li> </ul>		
Attach and utilize the AED as soon as it arrives <ul style="list-style-type: none"> <li>• Continue compressions while the AED charges</li> <li>• Clear for shock</li> <li>• Initiate compressions immediately following shock</li> <li>• Change rescuers performing CPR every 2 minutes or sooner if tired</li> </ul>		

### **Basic cardiac life support skills testing for a CHILD**

<b>SKILL</b>	<b>PASS</b>	<b>Requires remediation</b>
Recognize lack of normal breathing and unresponsiveness <ul style="list-style-type: none"> <li>• Activate the EMS or internal emergency system</li> <li>• If someone is available, send them to get the AED</li> <li>• If no one is available, begin steps of CPR for 2 minutes, then activate EMS and retrieve the AED</li> </ul>		
Initiate compressions at a rate of 100–120/min <ul style="list-style-type: none"> <li>• 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.</li> <li>• Allow complete chest recoil</li> </ul>		
Open the airway using the head tilt/chin lift <ul style="list-style-type: none"> <li>• Ventilate successfully using a ratio of 30:2</li> </ul>		

<p>Attach and utilize the AED immediately when it becomes available</p> <ul style="list-style-type: none"> <li>• Place the AED pads according to pictures on the pads</li> <li>• Continue compressions throughout except when advised by the AED</li> <li>• If a shock is advised: <ul style="list-style-type: none"> <li>- Clear the patient</li> <li>- Push the shock button</li> <li>- Initiate compressions immediately following the shock</li> </ul> </li> <li>• Change rescuers performing CPR every 2 minutes or sooner if tired</li> </ul>		
---	--	--

### Basic cardiac life support skills testing for an INFANT

SKILL	PASS	Requires remediation
<p>Recognize lack of normal breathing and unresponsiveness</p> <ul style="list-style-type: none"> <li>• Tap or flick the feet to establish responsiveness</li> <li>• Activate the EMS or internal emergency system</li> <li>• If someone is available, send them to get the AED</li> <li>• If no one is available, begin steps of CPR for 2 minutes, then activate EMS and retrieve the AED</li> </ul>		
<p>Initiate compressions at a rate of 100–120/min</p> <ul style="list-style-type: none"> <li>• Compress the infant’s chest at least 1/3 the depth of the chest wall (about 1 1/2 inches) the heel of one hand or using two thumbs side by side encircling the chest wall with your hands just below the nipple line.</li> <li>• Allow complete chest recoil</li> </ul>		
<p>Open the airway using head/tilt chin lift and ventilate with a pocket mask.</p> <ul style="list-style-type: none"> <li>• Ventilate successfully using a ratio of 30:2</li> </ul>		
<p>Attach and utilize the AED immediately when it becomes available</p> <ul style="list-style-type: none"> <li>• Choose pediatric pads, if available. If not, recognize that adult pads may be used</li> <li>• Place the AED pads according to pictures on the pads</li> <li>• Continue compressions throughout except when advised by the AED</li> <li>• If shock is advised, immediately resume compressions while the AED charges <ul style="list-style-type: none"> <li>- Clear the patient</li> <li>- Push the shock button</li> <li>- Initiate compressions immediately following the shock</li> </ul> </li> <li>• If no shock is advised, resume chest compressions for 2 minutes</li> <li>• Change rescuers performing CPR every 2 minutes or sooner if tired</li> </ul>		

### Choking skills testing for an ADULT

SKILL	PASS	Requires remediation
<p>Recognize signs of choking, such as absence of adequate breathing, poor or no air exchange. Ask “Are you choking?”</p>		
<p>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 belly button).</p>		
<p>Alternate 5 back blows and 5 abdominal thrusts until object is dislodged.</p>		

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

SKILL	PASS	Requires remediation
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 belly button).		
Alternate 5 back blows and 5 abdominal thrusts until 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

SKILL	PASS	Requires remediation
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.*

<b>STUDENT</b>		
_____	_____	_____
Name	Signature	Date
_____		
State and license number		

<b>INSTRUCTOR</b>		
_____	_____	_____
Name	Signature	Date
_____	_____	
Profession	Specialty	