

Check Your Skills

Name: _____

Date: _____

Directions: Take turns with your partner(s) demonstrating and assessing the rescue skills you have learned. For example, one will demonstrate the steps for infant CPR while the other checks off each step as it is performed. If any steps are missed or performed incorrectly, stop, explain the correct procedure, and practice the sequence of steps again. Peer evaluators: be sure to add up the total points earned for the skill, make any comments and/or notes as needed, and sign at the conclusion of the demonstration.

	Excellent	Good	Fair	Poor
	1	2	3	4
1. Check to see that the scene is safe.				
2. Tap the infant's foot and shout, "Are you okay?"				
3. If the infant does not respond, yell for help: <ul style="list-style-type: none"> • If someone comes, ask them to call for emergency medical assistance. • If no one comes, stay with the infant to start steps of CPR. 				
4. Gently place the infant on a firm, flat surface.				
5. Open the infant's airway (tilt head and lift chin).				
6. Look, listen, and feel for breathing (5 to 10 seconds).				
7. If not breathing, give two breaths (one second each). Watch for chest to rise with each breath.				
8. Quickly move or open clothes from the front of chest.				
9. Give 30 chest compressions (100 per minute) then give two breaths. After each compression, release pressure on the chest letting it come back to its normal position.				
10. After five sets of 30 chest compressions and two breaths, call for emergency medical assistance if not already done.				
11. Answer all of the dispatcher's questions then return to the infant/child and start the steps of CPR again.				
12. Check for brachial pulse.				
13. Continue giving sets of 30 chest compressions and two breaths until the infant/child starts to move or trained medical help takes over.				

Total Points Earned: _____

Comments/Notes:

Peer Evaluator Signature: _____