



**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](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 BLS card is issued directly from Pacific Medical Training.

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

SKILL	PASS	Requires remediation
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

SKILL	PASS	Requires remediation
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>		
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### 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) utilizing two fingers just below the nipple line or two thumbs side by side encircling the chest wall with your hand</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 and wrap arms around their waist, placing a fist in the correct position (just above belly button).</p>		
<p>Quickly push in and up 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**

<b>SKILL</b>	<b>PASS</b>	<b>Requires remediation</b>
Recognize signs of choking, such as absence of adequate breathing, poor or no air exchange. Ask “Are you choking?”		
Stand, or kneel if needed, behind the child and wrap arms around their waist, placing a fist in the correct position (just above belly button).		
Quickly push in and up 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**

<b>SKILL</b>	<b>PASS</b>	<b>Requires remediation</b>
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. Finger placement is the same location as CPR.		
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	