

HeartCode Complete Skills Testing Tips

Adult & Child Compressions

- Allow full recoil between compressions. Do not lean on the chest.
- Utilize the step stool if needed.

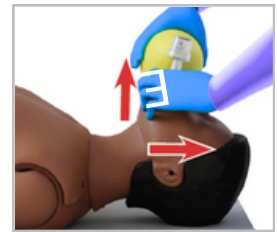


Adult & Child Ventilations

- Use E-C mask placement to achieve a good seal.
- Perform a head-tilt **AND** chin-lift to open the airway.



Gently press down with your "C" to seal the mask.



Use your 3 finger "E" to **LIFT THE JAW** up & tilt the head back.

2-Rescuer CPR

- Work as a team with the virtual 2nd rescuer.
- To start, the virtual rescuer gives compressions and you give 2 ventilations.
- Switch roles every 2 cycles.
- **IMPORTANT: Give the correct number of compressions, then pause to allow the virtual rescuer to give ventilations.**
- **Do not interrupt the virtual rescuer during its ventilations or compressions.**
- Count compressions out loud to ensure you give the correct amount.
 - Adult: 30 compressions
 - Child: 15 compressions
 - Infant: 15 compressions

Infant Compressions

- Use 2 thumbs with encircled hands **or**
- Use the heel of one hand



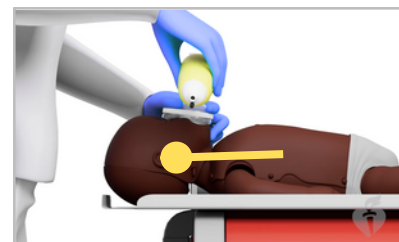
2 thumbs encircling hands



Heel of one hand

Infant Ventilations

- Use E-C mask placement to achieve a good seal.
- Perform a head-tilt and chin-lift.
- The airway should be in the neutral position.



Neutral position