# Basic Life Support Skills Checklist

**NAME:**

|  |  |
| --- | --- |
| **DEMONSTRATION OF Key Skills** | **aCHIeVED** |
| **Check for Danger - safe approach** |  |
| **Assess Responsiveness - shake & shout** |  |
| **Shout for Help-call 999** |  |
| **Check for Airway & Breathing** |  |
| **Commence CPR :**  **Correct Hand Position**  **Correct Rate (100-120 per minute)**  **Correct Depth (5-6cm)** |  |
| **Send for defibrillator**  **Switches on Defibrillator and attaches electrodes** |  |
| **Follows AED instructions and delivers safe shock** |  |
|  |  |
| **Overall Performance** |  |
|  |  |

All training undertaken in accordance with Resuscitation Council UK guidelines