

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.



E-C Mask Placement



Head-tilt & Chin-lift

2-Rescuer CPR

- Work as a team with the virtual 2nd rescuer.
- First, the virtual rescuer gives compressions and you give ventilations.
- Switch roles every 2 cycles.
- **It is important that you deliver the correct number of compressions, then pause to allow the virtual rescuer to give ventilations.**
- **Do not interrupt the virtual rescuer while it gives ventilations or compressions.**
- Count out loud when giving compressions to ensure you give the correct amount.
 - Adult: 30 compressions
 - Child: 15 compressions
 - Infant: 15 compressions

Infant Compressions

- Use 2 fingers in the center of the chest, just below the nipple line.
- **or** Use 2 thumbs with encircled hands.



2 fingers



2 thumbs with encircled hands

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