

FIRST AID AND CPR

NAME: _____

PEER NAMES: _____

PEER SKILL ASSESSMENT

Chest Compressions for CPR: Using the scale below, rate your partner on the three skills listed below. Comments to explain your rating should be used for each skill.

RATING SCALE

4 – Excellent 3 – Good 2 – Average 1 – Needs significant improvement

BODY POSITIONING

- Heel of one hand is placed on the center the victim’s chest between the nipples. Heel of the other hand is on top of the first hand.
- Shoulders should be directly over the hands.
- Position is maintained during all 30 compressions.

Rating: _____

Comments:

COMPRESSION DEPTH

- Compressions go straight down at least 2 inches.
- Compression depth is maintained during all 30 compressions.
- Chest returns to original position (recoil) following each compression.

Rating: _____

Comments:

TIMING OF COMPRESSIONS

- 30 compressions fall between 17 and 20 seconds.

Rating: _____

Comments:

In response to the peer assessment above, respond to the following questions:

1. What area of your compression technique is most proficient?
2. What area of your compression technique requires the most improvement?
3. Do you have any questions regarding your peer assessment? Do you believe the assessment was fair? Explain.