Check Your Skills

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	Name:				
	Date:				
one step Pee	rections: Take turns with your partner demonstrating and assessed will demonstrate the steps to help a choking infant while the possion are missed or performed incorrectly, stop, explain the correct evaluators: be sure to add up the total points earned for the self-sign at the conclusion of the demonstration.	other checks o t procedure, ar	ff each step a nd practice th	ns it is perform ne sequence o	med. If any of steps again.
		Excellent	Good	Fair	Poor
		1	2	3	4
1.	If alone, shout for help:				
	 If someone comes, have them call for emergency medical assistance. 				
	If no one comes, continue rescue skills for one minute, and then call for emergency medical assistance.				
2.	Hold the infant face down on your forearm, supporting the infant's head and jaw with your hand. Keep airway open by not letting the infant's head drop forward. Sit or kneel and rest your arm on your right thigh, holding the infant's shoulders below his/her hips. Straddle the infant's legs on your arm.				
3.	Give up to five "back slaps" with the heel of your free hand between the infant's shoulder blades. Each slap slightly harder to help the obstruction dislodge.				
4.	If the object does not come out after 5 back slaps, turn the infant onto his/her back by holding the back of the infant's head with your free hand and flipping the infant to your free forearm, supporting the infant's head and neck with your hand.				
5.	Give up to five "chest thrusts" on the breastbone using two fingers of your free hand, placing your fingertips one finger width below the nipple line. Press straight down $\frac{1}{3}$ to $\frac{1}{2}$ the depth of the infant's chest. (1 second in length.) Allow the chest to come back to normal position.				
6.	Alternate giving five "back slaps" and five "chest thrusts" until the object comes out; the infant breathes, coughs, or cries; or until the infant stops responding. If the infant stops responding and becomes unconscious or limp, perform the steps of infant CPR).				
			Total I	Points Earned	: :
Со	mments/Notes:				

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Peer Evaluator Signature: