BLS Ratings form

* Required

* This form will record your name, please fill your name.

[   ]

Which participant are you rating?

1. Which participant are you rating? *

   First digits of video filename (the participant number) If joint rating please type 'J' in front.

   [   ]

2. What camera angles did you use? *

☐ Camera 1 (front wide)

☐ Camera 2 (back left)

☐ Camera 3 (back right)

☐ Camera 4 (front close)

☐ Camera 5 (side left)

☐ Camera 6 (side right)

Cycle 1 ratings

3. Cycle 1 - Hand Position: * (1 Point)

☐ Centre of chest (within one average hand margin)

☐ Too far left

☐ Too far right

☐ Too far toward the head

☐ Too far toward the feet

4. Cycle 1 - Do you have any extra comments on the hand position?

[   ]

5. Cycle 1 - Arm Position * (1 Point)

○ Straight Arms (minimal flex in elbows or minimal variability in the elbow joint angle)

○ Bent arms

6. Cycle 1 - Do you have any extra comments on the arm position?

[   ]

7. Cycle 1 - Shoulder position * (1 Point)

○ Over patient (line from centre of patient to shoulders perpendicular)

○ Not directly over compression site

8. Cycle 1 - Do you have any extra comments on the shoulder position?

[   ]

9. Cycle 1 - Depth of Compressions * (1 Point)

○ 5-6 cms

○ Too shallow

○ Too deep

10. Cycle 1 - Do you have any extra comments on the depth of compressions?

[   ]

11. Cycle 1 - Rate of Compressions * (1 Point)

○ 100-120 p/m

○ Too slow

○ Too fast

12. Cycle 1 - Do you have any extra comments on the rate of compression?

[   ]

13. Cycle 1 - Correct release * (1 Point)

○ Complete recoil of chest hands return to neutral start point)

○ Incomplete recoil of chest

14. Cycle 1 - Do you have any extra comments on the release?

[   ]

15. Cycle 1 - Overall rating *

○ Excellent

○ Good

○ Borderline

○ Poor

○ Unacceptable

16. Cycle 1 - Do you have any extra comments on Cycle 1?

[   ]

Cycle 2 ratings

17. Cycle 2 - Hand Position: * (1 Point)

☐ Centre of chest (within one average hand margin)

☐ Too far left

☐ Too far right

☐ Too far toward the head

☐ Too far toward the feet

18. Cycle 2 - Do you have any extra comments on the hand position?

[   ]

19. Cycle 2 - Arm Position * (1 Point)

○ Straight Arms (minimal flex in elbows or minimal variability in the elbow joint angle)

○ Bent arms

20. Cycle 2 - Do you have any extra comments on the arm position?

[   ]

21. Cycle 2 - Shoulder position * (1 Point)

○ Over patient (line from centre of patient to shoulders perpendicular)

○ Not directly over compression site

22. Cycle 2 - Do you have any extra comments on the shoulder position?

[   ]

23. Cycle 2 - Depth of Compressions * (1 Point)

○ 5-6 cms

○ Too shallow

○ Too deep

24. Cycle 2 - Do you have any extra comments on the depth of compressions?

[   ]

25. Cycle 2 - Rate of Compressions * (1 Point)

○ 100-120 p/m

○ Too slow

○ Too fast

26. Cycle 2 - Do you have any extra comments on the rate of compression?

[   ]

27. Cycle 2 - Correct release * (1 Point)

○ Complete recoil of chest hands return to neutral start point)

○ Incomplete recoil of chest

28. Cycle 2 - Do you have any extra comments on the release?

[   ]

29. Cycle 2 - Overall rating *

○ Excellent

○ Good

○ Borderline

○ Poor

○ Unacceptable

30. Cycle 2 - Do you have any extra comments on Cycle 2?

[   ]

Cycle 3 ratings

31. Cycle 3 - Hand Position: * (1 Point)

☐ Centre of chest (within one average hand margin)

☐ Too far left

☐ Too far right

☐ Too far toward the head

☐ Too far toward the feet

32. Cycle 3 - Do you have any extra comments on the hand position?

[   ]

33. Cycle 3 - Arm Position * (1 Point)

○ Straight Arms (minimal flex in elbows or minimal variability in the elbow joint angle)

○ Bent arms

34. Cycle 3 - Do you have any extra comments on the arm position?

[   ]

35. Cycle 3 - Shoulder position * (1 Point)

○ Over patient (line from centre of patient to shoulders perpendicular)

○ Not directly over compression site

36. Cycle 3 - Do you have any extra comments on the shoulder position?

[   ]

37. Cycle 3 - Depth of Compressions * (1 Point)

○ 5-6 cms

○ Too shallow

○ Too deep

38. Cycle 3 - Do you have any extra comments on the depth of compressions?

[   ]

39. Cycle 3 - Rate of Compressions * (1 Point)

○ 100-120 p/m

○ Too slow

○ Too fast

40. Cycle 3 - Do you have any extra comments on the rate of compression?

[   ]

41. Cycle 3 - Correct release * (1 Point)

○ Complete recoil of chest hands return to neutral start point)

○ Incomplete recoil of chest

42. Cycle 3 - Do you have any extra comments on the release?

[   ]

43. Cycle 3 - Overall rating *

○ Excellent

○ Good

○ Borderline

○ Poor

○ Unacceptable

44. Cycle 3 - Do you have any extra comments on Cycle 3?

[   ]

Cycle 4 ratings

45. Cycle 4 - Hand Position: * (1 Point)

☐ Centre of chest (within one average hand margin)

☐ Too far left

☐ Too far right

☐ Too far toward the head

☐ Too far toward the feet

46. Cycle 4 - Do you have any extra comments on the hand position?

[   ]

47. Cycle 4 - Arm Position * (1 Point)

◯ Straight Arms (minimal flex in elbows or minimal variability in the elbow joint angle)

◯ Bent arms

48. Cycle 4 - Do you have any extra comments on the arm position?

[   ]

49. Cycle 4 - Shoulder position * (1 Point)

○ Over patient (line from centre of patient to shoulders perpendicular)

○ Not directly over compression site

50. Cycle 4 - Do you have any extra comments on the shoulder position?

[   ]

51. Cycle 4 - Depth of Compressions * (1 Point)

○ 5-6 cms

○ Too shallow

○ Too deep

52. Cycle 4 - Do you have any extra comments on the depth of compressions?

[   ]

53. Cycle 4 - Rate of Compressions * (1 Point)

○ 100-120 p/m

○ Too slow

○ Too fast

54. Cycle 4 - Do you have any extra comments on the rate of compression?

[   ]

55. Cycle 4 - Correct release * (1 Point)

○ Complete recoil of chest hands return to neutral start point)

○ Incomplete recoil of chest

56. Cycle 4 - Do you have any extra comments on the release?

[   ]

57. Cycle 4 - Overall rating *

○ Excellent

○ Good

○ Borderline

○ Poor

○ Unacceptable

58. Cycle 4 - Do you have any extra comments on Cycle 4?

[   ]

Overall rating

59. All Cycles - Overall rating *

○ Excellent

○ Good

○ Borderline

○ Poor

○ Unacceptable

60. Any extra comments on all cycles/overall performance?

[   ]

Microsoft Forms