OSCE CPR checklist

An OSCE CPR checklist for an adult covers safety, response, calling for help, then compressions at 30 to 2 with breaths, and a defibrillator as soon as one arrives. This is our own practice list.

The checklist, step by step

1. Check that the scene is safe for you and the patient.
2. Check the response by shaking gently and shouting.
3. If there is no response, shout for help and call the emergency number straight away, on speaker if you can. Ask for a defibrillator.
4. Open the airway and check for normal breathing for up to 10 seconds. If breathing is absent or not normal, including gasping, start CPR.
5. Start chest compressions: heel of one hand on the centre of the chest, the other hand on top, arms straight.
6. Press down about 5 to 6 cm, at a rate of 100 to 120 a minute, and let the chest come fully up each time.
7. If you are trained, give 2 breaths after every 30 compressions. Keep any pause short.
8. When the defibrillator arrives, switch it on, attach the pads and follow its prompts.
9. Keep going until help takes over, the patient shows signs of life, or you cannot go on.
10. Hand over: what happened, how long, what you did, and what the defibrillator did.

What candidates commonly forget

- Calling for help and a defibrillator before starting.
- Letting the chest come up fully each time.
- Keeping pauses short.
- Hand over in a clear form.
- Speaking aloud.

How to use this list

This is our own practice checklist. Exam bodies mark in their own way. Use it to build a routine, then say each step aloud as you do it. You can also practise with an AI patient on this site, and try one station free with no sign-up. For a general station frame, see the general OSCE checklist.

Common questions

What ratio is used for adult CPR?

St John Ambulance gives 30 compressions to 2 breaths for those trained in breaths. Without training, give compressions only.

How fast and how deep are chest compressions?

St John Ambulance gives 100 to 120 a minute and a depth of about 5 to 6 cm.

Is this a marking sheet?

No. It is our own list for practice.

Sources

- Resuscitation Council UK: Adult basic life support guidelines 2025
- European Resuscitation Council: Guidelines 2025
- St John Ambulance: how to do CPR

Checked 2026-11-13. Fees and rules change, so confirm them with the regulator before you book.