



Skills Practice Tracker

A keepable log for trained students who want to stay familiar with CPR, AED, first aid, and emergency-response habits after class.

How to use this: Pick one skill or readiness habit, review your class notes or CPR Safety 411 quick references, then record the date and what you practiced. This tracker is for review and confidence building; it does not replace hands-on training, certification renewal, local protocols, or emergency instructions.

Suggested practice focus areas

CPR basics Recognition, emergency call, compressions, recoil, minimizing pauses	AED familiarity Location, cabinet, turning it on, pad placement review, following prompts
First aid readiness Scene safety, gloves/PPE, bleeding control, recovery position, calling for help	Personal readiness Where resources are saved, renewal date, workplace plan, confidence questions

Practice log

Date	Focus	Resource reviewed	Confidence 1-5	Notes or next step

Certification / renewal notes

Course taken: _____

Date completed: _____

Renewal or expiration date: _____

Confidence scale

1 = I need a full review

3 = I remember the basics

5 = I feel ready to respond and keep learning

Helpful links

Student Resources: students.cpr411.com/resources

After Class: <https://www.cpr411.com/after-class>

Training Courses: <https://www.cpr411.com/training>