

## SKILLS WORK SHEET

**RESCUE BREATHING** \_\_\_ Adult \_\_\_ Child \_\_\_ Infant **COMMENTS**

- (3) \_\_\_ surveyed the scene
- (4) \_\_\_ appropriate infection control used
- (4) \_\_\_ checked for unresponsiveness
- (4) \_\_\_ EMS activated appropriately
- (3) \_\_\_ patient properly positioned
- (4) \_\_\_ opened airway appropriately
- (3) \_\_\_ breathing checked 5 seconds
- (4) \_\_\_ two effective breaths given
- (4) \_\_\_ pulse checked 10 seconds
- (3) \_\_\_ rescue breathing rate correct
- (4) \_\_\_ adequate ventilation given
- (4) \_\_\_ pulse re-checked
- (3) \_\_\_ decision making correct

**CPR** \_\_\_ Adult \_\_\_ Child \_\_\_ Infant

- (3) \_\_\_ surveyed the scene
- (4) \_\_\_ appropriate infection control used
- (4) \_\_\_ checked for unresponsiveness
- (4) \_\_\_ EMS activated appropriately
- (3) \_\_\_ patient properly positioned.
- (4) \_\_\_ opened airway appropriately
- (3) \_\_\_ breathing checked 5 seconds
- (4) \_\_\_ two effective breaths given
- (4) \_\_\_ pulse checked 10 seconds
- (4) \_\_\_ correct compression position located
- (4) \_\_\_ correct compression depth and rate given
- (4) \_\_\_ correct ratio of breaths to compressions given
- (4) \_\_\_ pulse and breathing re-checked
- (3) \_\_\_ decision making correct

**OBSTRUCTED AIRWAY CONSCIOUS** \_\_\_ Adult \_\_\_ Child \_\_\_ Infant

- (3) \_\_\_ surveyed the scene
- (4) \_\_\_ determined if patient is choking
- (3) \_\_\_ identified self and offered help
- (4) \_\_\_ EMS activated appropriately
- (4) \_\_\_ determined correct blow and/ or thrust position
- (4) \_\_\_ performed correct blows and/ or thrusts in sequence
- (3) \_\_\_ decision making correct

**OBSTRUCTED AIRWAY UNCONSCIOUS \_\_\_Adult \_\_\_Child \_\_\_Infant**

- (3) \_\_\_ surveyed the scene
- (4) \_\_\_ appropriate infection control used
- (4) \_\_\_ checked for unresponsiveness
- (4) \_\_\_ EMS activated appropriately
- (3) \_\_\_ patient positioned properly
- (4) \_\_\_ opened airway appropriately
- (3) \_\_\_ breathing checked 5 seconds
- (4) \_\_\_ two effective breaths attempted
- (3) \_\_\_ head re-positioned, ventilation attempts repeated
- (4) \_\_\_ determined correct thrust/ blow location
- (4) \_\_\_ administered correct thrusts/ blows
- (4) \_\_\_ appropriate look and or sweep of mouth
- (4) \_\_\_ sequence repeated as necessary
- (3) \_\_\_ decision making correct

**CHAIR CONDUCT**

- (3) \_\_\_ uniform
- (2) \_\_\_ sun protection
- (4) \_\_\_ scanning zone
- (2) \_\_\_ posture, demeanor
- (2) \_\_\_ rule enforcement
- (4) \_\_\_ equipment ready and available
- (2) \_\_\_ communication
- (3) \_\_\_ chair transition

**PATIENT ASSESSMENT**

- (3) \_\_\_ surveyed the scene
- (4) \_\_\_ appropriate infection control used
- (4) \_\_\_ primary survey, ABC, serious bleeding, LOC
- (3) \_\_\_ introduction, permission to treat
- (4) \_\_\_ chief complaint, mechanism of injury, interview
- (3) \_\_\_ allergies, medications, pertinent medical history
- (4) \_\_\_ pulse, respiration, blood pressure
- (4) \_\_\_ skin color, temperature, moisture
- (2) \_\_\_ head, scalp, eyes, pupils, ears, nose, mouth, face
- (2) \_\_\_ neck – front, back
- (2) \_\_\_ shoulders
- (2) \_\_\_ chest
- (2) \_\_\_ abdomen – four quadrants
- (2) \_\_\_ lumbar, region of back

- (2) \_\_\_ hips
- (2) \_\_\_ legs – color, cap refill, motion, sensation, temperature, pulse
- (2) \_\_\_ arms - color, cap refill, motion, sensation, temperature, pulse
- (2) \_\_\_ back

## **RESUSCITATOR SKILLS**

### **I.**

- (4) \_\_\_ appropriate infection control used
- (3) \_\_\_ connected regulator to tank
- (3) \_\_\_ opened tank valve
- (3) \_\_\_ selected, connected appropriate oxygen adjunct
- (3) \_\_\_ adjusted flowmeter to appropriate flow
- (3) \_\_\_ inflated reservoir bag if applicable
- (2) \_\_\_ discussed procedure with patient
- (4) \_\_\_ placed adjunct on patient with oxygen turned on
- (2) \_\_\_ patient checked for comfort

### **II.**

- (4) \_\_\_ appropriate infection control used
- (3) \_\_\_ connected regulator to tank
- (3) \_\_\_ opened tank valve
- (3) \_\_\_ selected and connected appropriate size mask
- (3) \_\_\_ placed mask on patient with proper seal and grip
- (4) \_\_\_ opened airway effectively
- (3) \_\_\_ OPA used appropriately (if applicable)
- (4) \_\_\_ chest inflated to proper volume
- (4) \_\_\_ chest inflated to proper rate
- (4) \_\_\_ coordinated ventilation with chest compressions (if applicable)

## **BANDAGING – CLOSED SPIRAL, FIGURE EIGHT**

- (4) \_\_\_ appropriate infection control used
- (3) \_\_\_ selected appropriate dressing for wound
- (3) \_\_\_ placed dressing on wound
- (2) \_\_\_ bandage anchored
- (3) \_\_\_ wrapped appropriately, wound covered
- (3) \_\_\_ ends secured
- (2) \_\_\_ checked tightness

## **CERVICAL COLLAR APPLICATION**

- (4) \_\_\_ appropriate infection control used
- (3) \_\_\_ correctly sized patient and selected collar
- (2) \_\_\_ collar rounded to conform to patient's neck
- (2) \_\_\_ obstructive jewelry, clothing removed
- (3) \_\_\_ collar applied with minimal movement
- (3) \_\_\_ checked for collar alignment, comfort, and fit

## **SPLINTING**

- (3) \_\_\_ visualized injury site
- (3) \_\_\_ removed obstructive jewelry, clothing
- (4) \_\_\_ checked distal circulation, color, temperature, sensation, motion
- (3) \_\_\_ properly sized splint
- (3) \_\_\_ applied appropriated splint with padding
- (4) \_\_\_ re-checked distal function

## **BLEEDING CONTROL**

- (4) \_\_\_ proper infection control used
- (4) \_\_\_ direct pressure applied
- (4) \_\_\_ limb evaluated
- (4) \_\_\_ clean dressing applied over blood soaked dressing
- (4) \_\_\_ correct pressure point utilized
- (4) \_\_\_ patient properly positioned

## **BOARD RESCUE \_\_\_ active \_\_\_ passive \_\_\_ unconscious**

- (4) \_\_\_ identified rescue and appropriate method
- (4) \_\_\_ initiated backer system
- (3) \_\_\_ launched board
- (3) \_\_\_ balanced, paddled, steered to victim
- (4) \_\_\_ appropriate victim contact – verbal, physical
- (3) \_\_\_ victim loaded appropriately
- (3) \_\_\_ victim brought to shore
- (3) \_\_\_ victim evaluated for further care

## **TUBE RESCUE \_\_\_ active \_\_\_ passive \_\_\_ unconscious**

- (4) \_\_\_ identified rescue and appropriate method
- (4) \_\_\_ initiated backer system

- (3) \_\_\_ entry point appropriate
- (3) \_\_\_ entry method appropriate
- (3) \_\_\_ approach stroke effective
- (4) \_\_\_ appropriate victim contact – verbal, physical
- (3) \_\_\_ appropriate wrap, tow
- (3) \_\_\_ victim evaluated for further care

#### **C-SPINE PATIENT ROLL IN WATER**

- (4) \_\_\_ surveyed scene, identified rescue
- (4) \_\_\_ activated backer system
- (3) \_\_\_ approached victim with minimal disturbance
- (4) \_\_\_ correct contact, stabilization, roll
- (4) \_\_\_ checked patient breathing, LOC

#### **ANNOUNCEMENT OF EMERGENCY**

- (4) \_\_\_ appropriate voice amplification method chosen
- (3) \_\_\_ alert tone sounded
- (2) \_\_\_ asked for attention, tone of voice appropriate
- (3) \_\_\_ stated emergency clearly with appropriate words
- (3) \_\_\_ requested appropriate action
- (2) \_\_\_ repeated as necessary

#### **PREVENTION CONTACT**

- (3) \_\_\_ appropriate voice amplification
- (2) \_\_\_ appropriate words chosen for person's age
- (2) \_\_\_ "positive" presentation for voluntary compliance
- (2) \_\_\_ if applicable: explained options if compliance isn't received

#### **PUBLIC COMPLAINT**

- (3) \_\_\_ answered phone or person correctly with name, position and location (if applicable)
- (2) \_\_\_ listened to complaint
- (2) \_\_\_ asked questions to clearly identify problem
- (2) \_\_\_ presented courteous helpful manner
- (3) \_\_\_ provided correct information
- (2) \_\_\_ advised public of action they will take
- (1) \_\_\_ advised public of appropriate options for further help if unsatisfied with answers

- (2) \_\_\_ asked name, address and phone number for follow-up
- (2) \_\_\_ indicated documentation of complaint and notification of supervisor

#### **REQUEST FOR INFORMATION**

- (3) \_\_\_ answered phone with name, position, location (if applicable)
- (3) \_\_\_ provided correct information on subject
- (2) \_\_\_ referred question to appropriate person (if applicable)
- (2) \_\_\_ presented courteous manner

#### **EMERGENCY RADIO USE**

- (3) \_\_\_ used correct identifier; who and where
- (2) \_\_\_ stated "emergency traffic"
- (4) \_\_\_ clearly identified nature of incident (what the emergency is)
- (2) \_\_\_ stated when the emergency occurred
- (3) \_\_\_ stated exactly where the location is
- (2) \_\_\_ identified number of victims involved and their condition (if applicable)
- (2) \_\_\_ described potential hazards for responders
- (2) \_\_\_ described what is being done
- (4) \_\_\_ requested appropriated resources
- (2) \_\_\_ requested response code and ETA if available

#### **EMERGENCY TELEPHONE USE**

- (3) \_\_\_ used identifier (name, position, location)
- (4) \_\_\_ clearly described nature of incident (what the emergency is)
- (2) \_\_\_ identified when the emergency occurred
- (3) \_\_\_ identified exactly where the emergency is
- (2) \_\_\_ identified number of victims involved and their condition (if applicable)
- (2) \_\_\_ described potential hazards for responders
- (2) \_\_\_ described what is being done
- (4) \_\_\_ requested appropriated resources
- (2) \_\_\_ requested response code and ETA if available