

Critical Skills Descriptions

First Aid Skills Testing

Step	Critical Step	Description
<p>Each student is tested individually. Another student or instructor will play the role of the sick or injured person. The instructor will inform the student when each skills test is complete. The following describes the criteria required to successfully demonstrate each part of the skills test.</p>		
<p>Removing Gloves</p> <p>Instructor tells student, <i>“EMS has arrived and takes over. You may now remove your gloves.”</i></p>		
1	Removes gloves by gripping one glove on the outside near the cuff and peels it off, inside out	<p>Student does not touch the outside of the gloves.</p> <p>Steps 1 through 4 must be performed in order.</p>
2	Cups the inside-out glove with the gloved hand	Student does not touch the outside of the gloves.
3	Uses 2 fingers of the bare hand near the cuff to peel the second glove off, with the first glove inside it	Student does not touch the outside of the gloves.
4	Verbalizes the need to dispose of gloves properly	Student may verbalize his or her company’s specific policy on glove disposal or biohazard waste.
<p>Finding the Problem</p> <p>Instructor tells student, <i>“You will demonstrate finding the problem for a person who is sick or injured. The person will act and respond as a person who is actually sick or injured. You find a coworker lying on the floor. You may begin.”</i></p>		
1	Verbalizes that the scene is safe	<p>Student verbalizes that the scene is safe before proceeding.</p> <p><i>Sequence: Steps 1 through 5 must be performed in order.</i></p>
2	Verbalizes putting on gloves	Student verbalizes putting on gloves or may wear them.
3	Checks for response—tap and shout	<p>Student is near the person playing the role of the sick or injured person, taps the person, and speaks in a loud voice (eg, “Are you all right?”).</p> <p>If the person does not act accordingly, the instructor tells the student, <i>“The person does not move or respond in any way when you tap and shout.”</i></p>
4	Tells someone to phone the emergency response number (or 911) and get an AED	<p>Student must tell the bystander to perform both actions.</p> <p>Student may say any phrase indicating “emergency response number” or “911” or may say the student’s specific work-site emergency response number.</p>
5	Checks for no breathing or only gasping	<p>Student quickly scans the person’s body back and forth from the head to the abdomen for at least 5 seconds but no more than 10 seconds.</p> <p>If the student indicates the person is not breathing, the instructor corrects the student by saying, <i>“The person is breathing.”</i></p>
6	Looks for obvious signs of injury	Student quickly scans the sick or injured person’s body from head to toe to look for signs of injury.

Step	Critical Step	Description
7	Verbalizes checking for medical identification jewelry	Student verbalizes checking the person for medical identification jewelry. It is acceptable for the student to visually check for medical information jewelry at the wrists and neck.

Using an Epinephrine Pen

Instructor tells student, ***“A coworker is having a severe allergic reaction, has an epinephrine pen, and needs help using it. You have completed all previous steps and are now ready to use the epinephrine pen. Show the steps for using the epinephrine pen.”***

1	Holds the epinephrine pen in the fist while not touching either end	Student does not touch either end once the epinephrine pen is grasped. Student’s hand or fingers are not over either end.
2	Takes off the safety cap	Student removes the safety cap and continues to hold the epinephrine pen correctly (see Step 1). Student continues to avoid having the hand or fingers over either end.
3	Presses the epinephrine pen firmly against the outer side of the person’s thigh, halfway between the hip and knee, and holds in place for about 10 seconds	Student presses with sufficient force to cause the epinephrine pen to activate (makes a clicking sound). It is acceptable for the student to hold the epinephrine pen in place for at least 8 seconds but no more than 12 seconds.
4	Removes the epinephrine pen by pulling it straight out from the leg	Student removes the epinephrine pen by pulling it straight out from the leg. The test ENDS at this point. There is no need for the student to perform any additional steps.

Stopping Bleeding and Bandaging

Instructor tells student, ***“You will demonstrate stopping bleeding and then bandaging a small cut on this person’s forearm. You have completed all previous steps and are now ready to begin.”***

1	Has the person place pressure over the cut with clean dressings while the student puts on gloves	Student hands the dressings to the injured person and has the person apply them to the cut with pressure.
2	Verbalizes putting on gloves	Student verbalizes putting on gloves. Gloves are the only indicated/required personal protective equipment for this test. It is acceptable for the student to actually wear gloves.
3	Applies pressure to the bleeding area	Student places pressure on the dressings over the cut on the forearm. <i>After about 15 seconds, the instructor tells the student, “You can now see blood on the dressing. The bleeding is not stopping.”</i>
4	Adds more dressings and presses harder to stop the bleeding	Student adds more dressings and presses harder. <i>After about 15 seconds, the instructor tells the student, “The bleeding has stopped.”</i>
5	Applies a bandage over the dressings	Student uses a knot, tape, or similar method to secure the bandage. The bandage is placed over the dressings and must simply hold them in place.

STOP THE TEST