

Heartsaver®
First Aid
Skills Testing Checklist



Student Name _____ Date of Test _____

Scenario: "EMS has arrived and takes over. You may now remove your gloves. Demonstrate what you would do next."

Removing Gloves

- Grips one glove on the outside, near the cuff, to peel it off
- Cups the inside-out glove with the gloved hand
- Places 2 fingers of the bare hand inside the cuff to peel the second glove off, with the first glove inside it
- Verbalizes the need to dispose of the gloves properly

Scenario: "You find a coworker lying on the floor in the break room. A phone, a first aid kit, and an AED are on the wall. Demonstrate on how you would find the problem."

Finding the Problem

- Verbalizes that the scene is safe
- Taps and shouts*
- Shouts for help/Phones 9-1-1/Gets the first aid kit and AED
- Checks breathing†
- Looks for injury and medical information jewelry‡
- Verbalizes that he or she will stay with the person until EMS arrives

**After the student taps and shouts, the instructor says, "The person is unresponsive."*

†After the student verbalizes that they have checked for breathing, the instructor says, "The person is breathing normally."

‡After the student checks for injury and medical information jewelry, the instructor says, "The person is not injured, and there is no medical information jewelry."

Scenario: "A coworker has 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. You have read the manufacturer's instructions, which state to inject for 3 seconds. Demonstrate what you would do next."

Using an Epinephrine Pen

- Holds epinephrine pen in fist
- Takes off safety cap
- Holds leg in place; presses epinephrine pen firmly against outer side of thigh for 3 seconds
- Removes epinephrine pen
- Rubs injection site for 10 seconds

Scenario: "You will demonstrate controlling bleeding and then bandaging a small cut on the person's forearm. You have the first aid kit and are now ready to begin."

Controlling Bleeding and Bandaging

- Verbalizes putting on gloves, and places pressure over cut with a clean dressing*
- Presses harder to ensure that bleeding is stopped†
- Applies bandages over the dressings

**After about 15 seconds, the instructor says, "The bleeding is not stopping."*

†After another 5 seconds, the instructor says, "The bleeding has stopped."

STOP TEST

Instructor Notes

- Place a check in the box next to each step the student completes successfully.
- If the student does not complete all steps successfully (as indicated by at least 1 blank check box), the student must receive remediation. Make a note here of which skills require remediation (refer to instructor manual for information about remediation).

Test Results Check **PASS** or **NR** to indicate pass or needs remediation:

PASS **NR**

Instructor Initials _____ Instructor Number _____ Date _____