# Skill Evaluation Checklist

Keep form for 2 years as proof of completed evaluations.

| Participant Names – (Please Print) | Date:____________ |

**Instructor/Skill Evaluator**

- Printed Name: __________________________
- Registry #: __________________________
- Signature: __________________________

## Required Skill Scenarios – 2015 CPR and First Aid ECC/ILCOR Guidelines

- Adult CPR
- AED
- Adult Conscious Choking
- Adult Unconscious Choking
- Bleeding Control

## Individual Skills – Assess during skill scenarios.

- Assessing the scene for safety
- Using personal protective equipment:
  - Gloves
  - Face Shield/Rescue Mask
- Assessing patient responsiveness
- Giving Compressions:
  - Adult – 2 hands on the center of the chest between the nipples.
- Opening the Airway using a head tilt chin lift
- Giving rescue breaths:
  - Adult – Covering mouth
- Removing a foreign object

**For Classroom:** Passed Written Test 80%
## Skill Practice Sheets

**ProFirstAid Basic**

**Layrescuer**

**Adult CPR/AED and First Aid**

<table>
<thead>
<tr>
<th>Required Skill Scenarios</th>
<th>Individual Skills</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult CPR</td>
<td>Assessing the scene for safety</td>
</tr>
<tr>
<td>AED</td>
<td>Using personal protective equipment:</td>
</tr>
<tr>
<td>Adult Conscious Choking</td>
<td>- Gloves</td>
</tr>
<tr>
<td>Adult Unconscious Choking</td>
<td>- Face Shield</td>
</tr>
<tr>
<td>Infant CPR</td>
<td>Assessing patient responsiveness</td>
</tr>
<tr>
<td>Infant Conscious Choking</td>
<td>Giving Compressions:</td>
</tr>
<tr>
<td>Infant Unconscious Choking</td>
<td>- Adult - 2 hands on the center of the chest between the nipples.</td>
</tr>
<tr>
<td></td>
<td>- Child - 1 or 2 hands on the center of the chest between the nipples.</td>
</tr>
<tr>
<td></td>
<td>- Infant - 2 fingers on the center of the chest just below the nipples.</td>
</tr>
<tr>
<td></td>
<td>Opening the Airway using a head tilt chin lift</td>
</tr>
<tr>
<td></td>
<td>Giving rescue breaths:</td>
</tr>
<tr>
<td></td>
<td>- Adult and Child - Covering mouth</td>
</tr>
<tr>
<td></td>
<td>- Infant - Covering mouth and nose</td>
</tr>
<tr>
<td></td>
<td>Removing a foreign object</td>
</tr>
</tbody>
</table>
** Adult CPR **

1. **Check Scene:**
   Check for safety, apply gloves and prepare face shield.

2. **Check Person:**
   Check for responsiveness by holding head still, tapping and shouting. Look at chest and face to determine no normal breathing.

3. **Call 911:**
   If unresponsive or a life-threatening condition exists, send someone to call 911 and get an AED if available.

4. **30 Compressions:**
   Use 2 hands, give 30 chest compressions, at a rate of 100-120 compressions/minute, at 2-2.4 inches deep.

5. **Open Airway:**
   Open Airway using a head tilt chin lift technique. Look in the mouth for any obstructions.

6. **Give 2 Breaths:**
   Give 2 breaths lasting 1 second each making sure the chest rises and falls with each breath.

7. **Continue CPR:**
   Give cycles of 30 chest compressions, followed by 2 breaths.

** Scenario:**
You are watching a basketball game when a player collapses on the court. What would you do?

** Required Equipment:**
- Adult Manikin

** ProFirstAid Basic **

** When to stop:**
- If the patient shows signs of life
- Trained personnel or EMS take over
- The scene becomes unsafe
- An AED is ready to use
- The rescuer is too exhausted to continue

Follows 2015 ECC/ILCOR and American Heart Association Guidelines
Scenario:
You are performing CPR on a person when an AED arrives and is ready to use. What will you do?

When to stop:
- If the patient shows signs of life
- Trained personnel or EMS take over
- The scene becomes unsafe
- The rescuer is too exhausted to continue

Required Equipment:
Adult Manikin and AED Trainer

Power on the AED:
Check to make sure it is safe to use the AED. Unsafe conditions include, victim in water, on metal surface, flammable gas...

Bare the Chest:
Follow directions of AED. Dry any wet areas on chest, remove any patches, shave hair if needed.

Apply Pads:
Peel off backing and place pads as the picture on the pads shows. Press down firmly to assure pads are securely affixed.

Plug in Connector:
Follow AED directions. Some AED models have pre-connected electrodes and will sense when pads are secure.

Stand Clear:
Don’t touch the victim while the AED is analyzing or charging.

Push Shock Button:
Shout, “Clear,” and make sure no one is touching patient.

30 Compressions:
Give 5 cycles of 30 chest compressions, at a rate of 100-120 compressions/minute, followed with 2 breaths.

After 2 Minutes:
The AED will reanalyze. If AED says, “No shock advised,” continue CPR if no signs of life. Follow AED prompts.

Note: For victims 8 years old and younger, or under 55 lbs, use child pads. If victim is over 8 or 55 pounds, use adult pads. Adult pads can be used if no child sized pads are available. Make sure the pads do not touch. For Infants, place one pad on the center of the chest and the other pad on the center of the back.

Note: Don’t wait. Begin compressions immediately after the shock is delivered.

Follows 2015 ECC/ILCOR and American Heart Association Guidelines
Check Person:
Ask, “Are you choking?” If the person cannot cough, speak or breath, he or she is choking and needs your help.

Call 911:
Send someone to call 911. If no one is available to call, provide care first.

Stand Behind:
Place your foot between the person’s feet and place your other foot firmly on the ground beside you.

Position Hands:
Find the navel. Tucking in the thumb, place the thumb side of the fist against the abdomen, just above the navel.

Give Thrusts:
Grasp the back of your fist, give inward-upward abdominal thrusts until object is out or person goes unconscious.

Scenario:
You are eating at a restaurant when a person stands up and grasps his throat. What would you do?

Note: You will need to kneel down for a child in order to give effective abdominal thrusts.

Required Equipment:
Adult Manikin

When to stop:
- The object comes out
- The scene becomes unsafe
- The person becomes unconscious (Call 911 and perform unconscious choking technique in this case)

Follows 2015 ECC/ILCOR and American Heart Association Guidelines
**Scenario:**
You are eating at a restaurant when a man starts choking. You perform abdominal thrusts and he goes unconscious.

**Position Person:**
Lower person safely to the ground.

**Call 911:**
If 911 has not been called, send someone to call 911 and get an AED if available.

**30 Compressions:**
Using 2 hands, give 30 chest compressions, at a rate of 100-120 compressions per minute, at 2-2.4 inches deep.

**Check for Object:**
Open airway using a head tilt chin lift technique. Look in the mouth for any obstructions. If object is seen, do a finger sweep to remove it.

**Give a Breath:**
Open airway and give a breath. Even if no object is seen, attempt a breath. If air goes in give a second breath.

**Reposition, Reattempt:**
If air does not go in, reposition and reattempt a breath. If air still does not go in, continue compressions.

**30 Compressions:**
Using 2 hands, give 30 chest compressions, at a rate of 100-120 compressions per minute, at 2-2.4 inches deep.

**Check for Object:**
If object is seen, do a finger sweep to remove it. Repeat steps 5-8 until air goes in and makes chest rise.

**When to stop:**
- If the patient shows signs of life
- Trained personnel or EMS take over
- The scene becomes unsafe
- The rescuer is too exhausted to continue

**Note:** After breaths go in, continue CPR if the person shows no signs of life. If there is breathing, monitor Airway, Breathing, and Circulation until EMS arrives.

Follows 2015 ECC/ILCOR and American Heart Association Guidelines
**Bleeding Control**

1. **Check Person:**
   Ask, “I’m trained in first aid, can I help you?”

2. **Call 911:**
   Send someone to call 911

3. **Direct Pressure:**
   Apply gloves. Use gauze or other barrier to apply direct pressure to site of wound. Elevate if no fracture is suspected.

4. **Pressure Bandage:**
   Apply more dressings if needed and a pressure bandage.

5. **Recheck:**
   Check for capillary refill, skin color, and skin temperature to make sure the bandage is not too tight. Loosen if necessary.

**Scenario:**
While using a saw, a coworker cuts his forearm and blood is spurting out. What will you do?

**Required Equipment:**
Gauze pads, roller gauze, gloves

**Note:** Monitor for signs of shock. If person show confusion, dizziness, bluish or grayish skin color, lay the person down and elevate the legs.

Follows 2015 ECC/ILCOR and American Heart Association Guidelines