

First Responder Skills





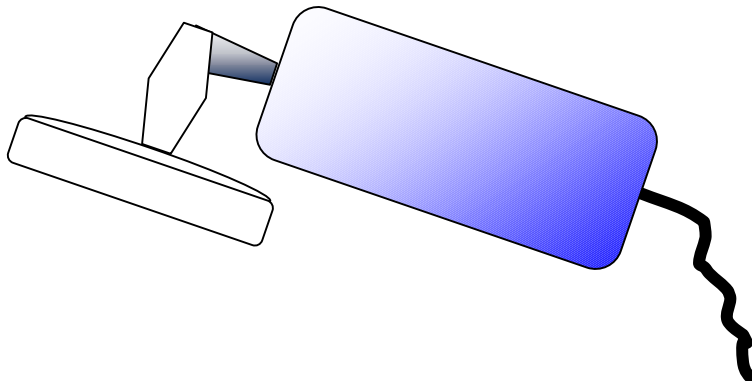
Skill

Bag – valve mask



- _____ 1. Recognize the need for the procedure
- _____ 2. Assemble the BVM
- _____ 3. Attach the supplemental oxygen
- _____ 4. Assure 100 % oxygen
- _____ 5. Proper seal achieved, “E-C” method
- _____ 6. Adequate ventilation
- _____ 7. Proper rate of ventilation
- _____ 8. Airway in place
- _____ 9. Discuss the need for suction

Checked off by: _____ Date: _____





Skill Patient Assessment



Scene size-up

- _____ 1. Assess scene safety - call for help as soon as appropriate
- _____ 2. Body substance isolation

Initial Assessment

- _____ 3. Determine trauma or medical NOI or MOI
- _____ 4. Maintain spine (if needed)
- _____ 5. Verbalize general impression
- _____ 5. Assess mental status **AVPU** (without harming c-spine)
- _____ 6. Check airway, breathing (treat as needed) – oxygen if available
- _____ 7. Check radial pulse, skin condition, serious bleeding (treat as needed)
- _____ 8. Determine priority or urgency
- _____ 9. Rapid or Focused Assessment (head to toe) for life-threats
(Treat as needed)
- _____ 10. Expose and examine
- _____ 11. Assess body for DCAPBTLS and treat as needed
- _____ 12. Assess vital signs (respirations, pulse, BP, skin, pupils)
- _____ 13. Obtain SAMPLE history
- _____ 14. Obtain OPQRST
- _____ 54. Recheck interventions

Checked off by: _____ Date: _____



Skill



Bandaging – extremities

(Scene size-up)

- _____ 1. Assess scene safety - call for help as soon as appropriate
- _____ 2. Body substance isolation
- _____ 3. ABC - Maintain spine (if needed) – oxygen if available
- _____ 4. Control bleeding – direct pressure (w/ dressing)
- _____ 5. Control bleeding – direct pressure and elevation
- _____ 6. Control bleeding – direct pressure, elevation and pressure point
- _____ 7. Dressing covers wound completely- adds dressings as needed
- _____ 8. Bandage covers dressing completely
- _____ 9. Check distal pulses
- _____ 10. Uncontrolled bleeding- consider tourniquet (verbalize technique)

Checked off by: _____ Date: _____



Skill



Bandaging - head

(Scene size-up)

- _____ 1. Assess scene safety - call for help as soon as appropriate
- _____ 2. Body substance isolation
- _____ 3. ABC - Maintain spine (if needed) – oxygen if available
- _____ 4. Control bleeding
- _____ 5. Manually immobilize head / body in position found
- _____ 6. Dressing covers wound (without creating closed head injury)
- _____ 7. Bandage covers dressing completely without obstructing airway
- _____ 8. Check pupils, ears, and nostrils.
- _____ 9. Assess distal pulses, motor, and sensation

Checked off by: _____ Date: _____



Skill



Bandaging – sucking chest wound

(Scene size-up)

- _____ 1. Assess scene safety - call for help as soon as appropriate
- _____ 2. Body substance isolation
- _____ 3. ABC - Maintain spine (if needed) – oxygen if available
- _____ 4. Cover wound immediately with gloved hand
- _____ 5. Cover wound quickly with occlusive dressing, seals 3 sides
- _____ 6. Reassess breathing, if worse remove dressing then reapply
- _____ 7. Administer oxygen if not done earlier, if available

Checked off by: _____ Date: _____



Skill



Impaled object

(Scene size-up)

- _____ 1. Assess scene safety - call for help as soon as appropriate
- _____ 2. Body substance isolation
- _____ 3. ABC - Maintain spine (if needed) – oxygen if available
- _____ 4. Control bleeding
- _____ 5. Stabilizes object with bulky dressings
- _____ 6. Bandage stabilizes object completely with bandages
- _____ 7. Removal only if compromising airway, control hemorrhage if removed.

Checked off by: _____ Date: _____



Skill



Splinting extremities

(Scene size-up)

- _____ 1. Assess scene safety - call for help as soon as appropriate
- _____ 2. Body substance isolation
- _____ 3. ABC - Maintain spine (if needed) – oxygen if available
- _____ 4. Control bleeding
- _____ 5. Manually immobilize extremity / body in position found
- _____ 7. Assess distal pulses, motor, and sensation

If diminished pulses/sensation, with mild closed angulations:

- Obtain 2nd rescuer
- Select splinting materials
- Apply traction

If PMS present, open FX or gross deformity then without traction

- _____ 8. Select splinting materials
- _____ 9. Apply splint
- _____ 10. Reassess pulses, motor, and sensation, if absent remove-reapply

Checked off by: _____ Date: _____



Skill



Emergency carry

(Scene size-up)

- _____ 1. Assess scene safety
- _____ 2. Body substance isolation
- _____ 3. Recognize need for emergency carry (call for help)
- _____ 4. Maintain spine (as possible)
- _____ 5. Select carry
- _____ 8. Remove patient

Checked off by: _____ Date: _____



Skill



Vital Signs Assessment

- _____ 1. Calculate respiratory rate + or – 2 (count for at least 30 seconds)
- _____ 2. Locate and calculate radial pulse in adult (identify pulse points for children and infants)
- _____ 3. Calculate pulse + or – 4 (count for at least 30 seconds)
- _____ 4. Ascertain blood pressure using BP cuff and stethoscope + or – 4 points each for diastolic and systolic
- _____ 5. Ascertain skin condition (temperature, dry or wet, pale or cyanotic – *note patient's with dark complexions may not appear pale despite low blood pressure*)
- _____ 6. Ascertain pupillary response to light

Checked off by: _____ Date: _____