

Date: _____

Candidate: _____

Start time: _____

End time: _____

Removing Contaminated Gloves

Objective: To remove contaminated gloves.

Skill	Max Points	Skill Demo	
Criteria met: Determines the Scene is Safe, Initiates Standard Precautions, Introduces Self & Obtains Permission to treat/help	-		
The exterior of the opposite glove is grasped at the wrist.	1		
The glove is folded over and peeled back, ensuring the glove is turned inside out.	1		
The removed glove is held in the gloved dominant hand. The exterior is not touched.	1		
Ungloved fingers are placed inside the cuff of the remaining glove.	1		
The glove is peeled off the hand, turning the glove inside out.	1		
Both gloves are turned inside out.	1		

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Patient Assessment

Objective: To demonstrate the proper assessment of a patient, to determine a baseline :

Skill	Max Points	Skill Demo
Perform a scene size up		
Ensure scene safety.	1	
Introduction of self and obtain permission to treat.	1	
Determine the mechanism of injury or nature of illness.	1	
Taking Standard Precautions.	1	
Determine the number of patients.	1	
Need for additional resources/need for backboard/extraction.	1	
Perform a primary of assessment.		
Form a general impression of the patient.	1	
Control life-threatening bleeding.	1	
Assess level of responsiveness (LOR).	1	
Rapidly assess airway, breathing, circulation, and disability (ABCDs)	1	
Obtain the chief complaint.	1	
Update dispatch of needs.	1	
Obtain a complete history from the patient, including: <ul style="list-style-type: none"> • SAMPLE 	1	
Perform a secondary assessment. (May assist an OEC tech or higher level of care).		
Physical Exam	1	
Assess vital signs	1	
Perform a reassessment. (May assist an OEC tech or higher level of care). <ul style="list-style-type: none"> • Check for effectiveness of treatment provided. • Repeat the primary patient assessment • Reassess vital signs • Treat changes in the patient's condition • Prepare to hand off the patient to a higher level of care. 	1	

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Assessing Pulse

Objective: To demonstrate the ability to assess pulse.

Skill	Max Points	Skill Demo	
Criteria met: Determines the Scene is Safe, Initiates Standard Precautions, Introduces Self & Obtains Permission to treat/help	-		
Locate the radial pulse and assess the pulse rate and quality. This is the pulse commonly assessed on a responsive adult.	1		
Locate the carotid pulse and assess the pulse rate and quality. This is the pulse commonly assessed on an unresponsive adult.	1		
Locate the brachial pulse and assess the pulse rate and quality. This is the pulse commonly assessed on an infant.	1		

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Assessing Respiratory Rate

Objective: Demonstrate how to assess the patient's respiratory rate.

Skill	Max Points	Skill Demo
Criteria met: Determines the Scene is Safe, Initiates Standard Precautions, Introduces Self & Obtains Permission to treat/help	-	
Look and feel for the patient's chest to rise and fall.	1	
Assess the patient's breathing to determine if the patient is breathing within normal limits. <ul style="list-style-type: none"> • Rate • Rhythm • Depth • Effort • Noise 	1	

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Assisting with a Patient with a Metered-Dose Inhaler

Objective: To demonstrate the process of assisting a patient in the use of a metered-dose inhaler.

Skill	Max Points	Skill Demo
Criteria met: Determines the Scene is Safe, Initiates Standard Precautions, Introduces Self & Obtains Permission to treat/help	-	
Inspect the medication: <ul style="list-style-type: none"> • Check to make sure you have the correct medication for the correct patient. • Check the expiration date. • Ensure the inhaler is at room temperature or warmer. 	1	
Hand the inhaler to the patient. <ul style="list-style-type: none"> • If applicable, remove the oxygen mask. • Instruct the patient to hold the MDI upright and place their lips around the MDI tube, maintaining a good lip seal. 	1	
Instruct the patient to press the inhaler (assist if necessary) and inhale one puff. Instruct the patient to hold their breath for at least 10 seconds.	1	
Apply oxygen.	1	
After 1 to 2 minutes, have the patient repeat the dose, if protocol allows.	1	

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Administration with an Epinephrine Auto-Injector

Objective: To demonstrate the steps for properly using portable epinephrine auto-injector.

Skill	Max Points	Skill Demo
Criteria met: Determines the Scene is Safe, Initiates Standard Precautions, Introduces Self & Obtains Permission to treat/help	-	
Ensure that the medication is prescribed for the patient by checking the name on the medication. Do not use if expired or discolored.	1	
Prepare the medication. <ul style="list-style-type: none"> • Remove the medication from its protective package. • Remove the safety cap from the auto-injector. • Use the dominant hand to grasp the auto-injector firmly. • Avoid placing your thumb over either end of the auto-injector. 	1	
Assist the patient by placing the tip of the auto-injector against the patient's outer thigh muscle (halfway between the hip and knee). <ul style="list-style-type: none"> • If possible, wipe the skin with an alcohol wipe first. • In an extreme emergency, the auto-injector may be administered through clothing. 	1	
Assist the patient by firmly pushing the tip against the thigh until the needle deploys. <ul style="list-style-type: none"> • You should hear an audible "click" as the medication is begin injected into the thigh muscle. • Maintain firm pressure for 10 seconds so that needle does not come out of skin. • Remove the auto-injector, and dispose of it in a suitable container. 	1	
Massage the injection site for 10 to 20 seconds.	1	
Note the time and dose at which the drug was administered and document.	1	

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Managing Shock

Objective: To demonstrate shock management.

Skill	Max Points	Skill Demo
Criteria met: Determines the Scene is Safe, Initiates Standard Precautions, Introduces Self & Obtains Permission to treat/help	-	
Perform a primary assessment.		
Assess for major bleeding. Control if present.	1	
Assess ABCDs. (If major bleed found, follow CABD sequence.)	1	
Correct any problems found. Begin CPR if the patient does not have a pulse.	1	
Recognize patient is showing signs of shock.	1	
Call for help and arrange for transport that includes ALS.	1	
Monitor the airway and administer high-flow oxygen.	1	
To prevent heat loss, keep the patient warm and dry.	1	
Provide rapid transport.	1	

Date: _____

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Performing the Power Grip

Objective: To demonstrate manual lifting techniques to move patients onto other devices.

Skill	Max Points	Skill Demo
Criteria met: Determines the Scene is Safe, Initiates Standard Precautions, Introduces Self & Obtains Permission to treat/help	-	
Place your hands, palms up, approximately 10 inches apart.	1	
Reach underneath the object that is being lifted and firmly grasp the object, closing your hands.	1	
If possible, loop your thumb over your index and middle fingers.	1	

Date: _____

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Starttime: _____

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Performing the Power Lift

Objective: To demonstrate performing the power lift.

Skill	Max Points	Skill Demo	
Criteria met: Determines the Scene is Safe, Initiates Standard Precautions, Introduces Self & Obtains Permission to treat/help	-		
Maintain a wide stance (place feet shoulder-width apart.)	1		
Bend knee and squat, keeping back straight and shoulders over the spine.	1		
Firmly grasp the item to be lifted with palms up (power grip).	1		
Keeping back straight and head up, looking forward.	1		
Straighten legs to lift the object.	1		

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Start time: _____

End time: _____

Logrolling a Supine Patient onto a Backboard May assist an OEC technician or higher level of care.

Objective: To demonstrate the ability to logroll patient onto backboard.

Skill	Max Points	Skill Demo
Criteria met: Determines the Scene is Safe, Initiates Standard Precautions, Introduces Self & Obtains Permission to treat/help	-	
Three or four rescuers kneel on the side of the patient away from the backboard, staggering their positions. <ul style="list-style-type: none"> • If there are three rescuers, they should be at the patient's head, chest and thighs. • If there are four rescuers, they should be at the patient's head, chest, waist, and knees. 	1	
Rescuer 1 needs to maintain proper head and neck position of the c-collared patient. If the patient is unresponsive, it may help to tie the patient's ankles and feet together with a cravat first.	1	
Assess CMS.	1	
The rescuers reach across the body and place their hands under the patient. The hands maybe crisscrossed. Ideally, the rescuers arms should be nearly touching.	1	
While maintaining the head in axial alignment, the lead calls the roll. Usually, the rescuer at the head is the lead.	1	
The rescuers roll the patient onto the side, toward themselves and up against their thighs, keeping the spine straight. The rescuer at the head keeps the head and neck in alignment with the rest of the spine.	1	
On another command, rescuers roll the patient back onto the backboard or stretcher, keeping the spine straight.	1	
If the patient is not centered on the backboard, use long-axis drags keeping the spine straight and pulling under the patient's shoulder and then on the feet. A side slide, moving the patient in a coordinated fashion so the spine remains in alignment, is acceptable.	1	
Secure patient onto backboard in the usual method.	1	
Reassess CMS.	1	

Date: _____

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Start time: _____

End time: _____

Controlling Bleeding

Objective: To demonstrate control of bleeding in an open soft-tissue wound.

Skill	Max Points	Skill Demo
Criteria met: Determines the Scene is Safe, Initiates Standard Precautions, Introduces Self & Obtains Permission to treat/help	-	
Expose the area to see the wound. <ul style="list-style-type: none"> • Open, cut, or remove clothing. 	1	
Place a sterile dressing over the wound and apply direct pressure. If you find life-threatening bleeding, control this immediately.	1	
If the bleeding does not stop, add other sterile dressings over the first dressing and again apply direct pressure.	1	
Bandage extremity.	1	

Skill Guide

Date: _____

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Start Time: _____

End Time: _____

Applying a Tourniquet

Objective: To demonstrate how to apply a tourniquet.

Skill	Max Points	Skill Demo
Criteria met: Determines the Scene is Safe, Initiates Standard Precautions, Introduces Self & Obtains Permission to treat/help	-	
While Rescuer 1 is preparing the tourniquet, Rescuer 2 apply direct pressure to a dressing placed over the wound.	1	
Rescuer 1 places the tourniquet around the injured extremity several inches above (proximal to) the injury but not over a joint.	1	
If needed, Rescuer 2 packs large wounds with gauze.	1	
Rescuer 1 twists the rod to tighten the tourniquet only to the extent needed to control the bleeding. Secure the rod.	1	
Write the time at which the tourniquet was applied on the patient (applied directly on the patient's forehead, on a piece of tape applied to the patient's forehead, or on the device).	1	

Date: _____
 Candidate: _____
 Start Time: _____
 End Time: _____

Treating Closed Soft-Tissue Injuries **May assist an OEC technician or higher level of care**

Objective: To demonstrate how to treat closed soft-tissue injuries.

Skill	Max Points	Skill Demo	
Criteria met: Determines the Scene is Safe, Initiates Standard Precautions, Introduces Self & Obtains Permission to treat/help	-		
R—Rest: Cease activity or the use of the affected limb. Inactivity helps to reduce pain.	1		
I—Ice: Apply cold packs or ice for pain control. Use only for short intervals.	1		
S—Splint: Immobilize the injured part using either a commercial splint or one fabricated from available materials. Splinting helps decrease pain.	1		
E—Elevate: Elevate the injured area above heart level to reduce pain.	1		

Date: _____

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Start Time: _____

End Time: _____

Caring for Burns

Objective: To demonstrate how to care for burns.

Skill	Max Points	Skill Demo
Criteria met: Determines the Scene is Safe, Initiates Standard Precautions, Introduces Self & Obtains Permission to treat/help	-	
Remove any affected clothing, stop the burning process, and cool the burn.	1	
Apply a sterile gauze dressing to the wound. Wet the dressing, with sterile solution if possible, only if the wound is less than 5 percent of TBSA.	1	
Bandage the wound to keep the dressing securely in place.	1	
Prepare to assist the patient to find further medical treatment if required.	1	

Date: _____

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Start time: _____

End time: _____

Applying a Sling and Swathe May assist an OEC technician or higher level of care

Objective: To demonstrate how to apply a sling and swathe.

Skill	Max Points	Skill Demo
Criteria met: Determines the Scene is Safe, Initiates Standard Precautions, Introduces Self & Obtains Permission to treat/help	-	
Rescuer 1: Stabilize the patient's elbow while it is bent to about a 90-degree angle.	1	
Rescuer 2: Assess CMS.	1	
Rescuer 2: Make the sling. <ul style="list-style-type: none"> • Place a triangle bandage on the patient's chest, under the injured arm. • Position the long edge of the bandage so that it lies on the uninjured midclavicular line and just medial to the fingertips of the injured arm. The upper corner should pass over the opposite shoulder with the apex of the triangle at the elbow of the injured arm. • Fold the lower corner of the bandage anteriorly around the forearm and then up and over the shoulder on the injured side. • Raise or lower the arm to an appropriate level. • Tie the two long ends of the sling together at the side of the neck. If the knot is placed over the midline of the neck, pad it for the patient's comfort. • Bring the apex forward and pin it to the front of the sling or tie a knot in the apex. • Make sure the tips of the fingers are visible to allow for CMS checks. • Properly applied, the forearm should be cradled in the sling, with its weight evenly distributed. 	1	
Rescuer 2: Make and apply the swathe. <ul style="list-style-type: none"> • Fold a second triangular bandage to form a cravat that is 4 inches wide (or 6 inches, for humerus fractures). • Wrap the cravat around the patient's chest, with the middle of the swathe over the injured arm that is resting on the side of the chest. Place the two ends of the swathe under the opposite arm. • Tie the two ends snugly with a square knot. 	1	
Reassess CMS.	1	

Date: _____

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Candidate: _____

Start time: _____

End time: _____

Applying a Quick Splint May assist an OEC technician or higher level of care

Objective: To demonstrate ability to apply a quick splint.

Skill	Max Points	Skill Demo
Criteria met: Determines the Scene is Safe, Initiates Standard Precautions, Introduces Self & Obtains Permission to treat/help	-	
Rescuer 1: Open the splint flat, either parallel to the patient's injured extremity or in line with/distal to the foot.	1	
Rescuer 2: <ul style="list-style-type: none"> • Take a position opposite Rescuer 1 if the splint is at the side of the patient's leg or on either side of the leg if the splint is distal to the foot. • Stabilize above and below the injury site either by: <ul style="list-style-type: none"> • grasping the patient's foot with one hand and place the other hand just below the knee or under the lower thigh to support the extremity <i>OR</i> • performing the "pant leg pinch lift." 	1	
Rescuer 1: Assess CMS.	1	
On the count of three: <ul style="list-style-type: none"> • Rescuer 2: Lift the extremity. • Rescuer 1: Slide the splint underneath the leg from the bottom to the top or from the side. • Rescuer 2: Gently lower the extremity into the center of the splint. 	1	
Secure the splint: <ul style="list-style-type: none"> • Rescuer 1: Close the sides of the Quick Splint like a clamshell, thereby holding the leg snugly in the splint. • Rescuer 2: Firmly secure the splint straps, rope, or webbing. 	1	
Reassess CMS.	1	

Date: _____

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Candidate: _____

Start time: _____

End time: _____

Removing a Boot May assist an OEC technician or higher level of care.

Objective: To demonstrate ability to remove snow sports boot on injured lower limb

Skill	Max Points	Skill Demo
Criteria met: Determines the Scene is Safe, Initiates Standard Precautions, Introduces Self & Obtains Permission to treat/help	-	
Rescuer 1: Stabilize the boot that is to be removed.	1	
Rescuer 2: Assess distal CMS indirectly (e.g. tap on boot, ask patient to wiggle the toes).	1	
Rescuer 2: <ul style="list-style-type: none"> • Unbuckle or unlace the boot completely. • Spread the boot shell, pulling the tongue forward as far as it can go, or open a rear entry boot's back as far as it can go. 	1	
Rescuer 1: Carefully slide your hands within the open boot and stabilize the leg/ankle by either: <ul style="list-style-type: none"> • Placing one hand on the front of the ankle and one hand on the back of the ankle, <i>or</i> • Holding both sides of the ankle. Hold this position firmly as the boot is removed.	1	
Rescuer 2: Gently remove the boot by sliding its heel away from the foot, followed by the toe.	1	
Reassess distal CMS.	1	

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Start Time: _____

End Time: _____

Performing Neutral Head Alignment

Objective: To demonstrate the ability to perform neutral head alignment.

Skill	Max Points	Skill Demo
Criteria met: Determines the Scene is Safe, Initiates Standard Precautions, Introduces Self & Obtains Permission to treat/help	-	
Kneel next to the patient's head, either to the side or at the top of the head.	1	
Place your hands on either side of the patient's head, with the palms adjacent to the ears and the fingers supporting the jaw and the back of the head.	1	
Gently move the head so that the patient's eyes are looking forward and the patient's nose and chin are aligned with the sternum. Never force the head into alignment.	1	

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 End Time: _____

Removing a Helmet from a Patient May assist an OEC technician or higher level of care.

Objective: To demonstrate ability to remove a helmet from a patient.

Skill	Max Points	Skill Demo
Criteria met: Determines the Scene is Safe, Initiates Standard Precautions, Introduces Self & Obtains Permission to treat/help	-	
Align the patient axially.	1	
Rescuer 1: Manually stabilize the head and cervical spine by placing one hand on either side of the helmet.	1	
Rescuer 2: Carefully open the face shield and/or remove goggles (if present). Unfasten the chin strap.	1	
Rescuer 2: Place one hand at the occiput and the other at the chin. Rescuer 1: Maintains cervical stabilization until transfer is complete. ALTERNATIVE: Place one hand along either side of the patient's head sliding your hands inside the helmet, so that the fingers are in position to support each side of the face up over the ears.	1	
Rescuer 1: Grasp the helmet straps or sides of the helmet and pulls them apart, spreading the helmet.	1	
Rescuer 1: Pulls the helmet axially away from the patient's head, providing forward rotation of the helmet off the face.	1	
Rescuer 2: Slides fingers up to the occiput and chin (or on both sides of the head over the ears), ensuring that the patient's head and cervical spine remain immobilized. Continue to stabilize the head.	1	