

# Heartsaver FIRST AID Skill Sheet

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_ Pass Skills: Y NR

	Satisfactory
<b>SCENARIO: EMS has arrived and takes over. You may now remove your gloves. Demonstrate what you would do next.</b>	-----
<b>REMOVING GLOVES</b>	-----
Grips 1 glove on the outside near the cuff and peel it off, Cup the inside-out glove with the gloved hand	
Places 2 fingers of bare hand inside the cuff to peel the second glove off with the 1 <sup>st</sup> one inside it	
Verbalizes the need to dispose of gloves properly	
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<b>SCENARIO: You find a coworker lying on the floor in the break room. There is a phone, first aid kit, and AED on the wall. Demonstrate how you would find the problem.</b>	-----
<b>FINDING THE PROBLEM</b>	-----
Verbalizes the scene is safe, Taps and shouts	
<i>Instructor says, 'The person is unresponsive.'</i>	-----
Shouts for help/Phones 911/Gets the first aid kit and AED, Check breathing	
<i>Instructor says, 'The person is breathing normally.'</i>	-----
Looks for injury and medical information jewelry, Verbalizes that he/she will stay till EMS arrives	
<i>Instructor says, 'The person is not injured, and there is no medical information jewelry.'</i>	-----
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<b>SCENARIO: A coworker has a severe allergic reaction, has an epi-pen, and needs help using it. You have completed all previous steps and are now ready to use the epi-pen. Demonstrate what you would do next.</b>	-----
<b>USING AN EPINEPHRINE PEN</b>	-----
Holds the epi-pen in fist, Takes off safety cap, Presses epi-pen firmly against outer thigh for 10 sec.	
Removes epi-pen, Rubs injection site for 10 seconds	
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<b>SCENARIO: You will demonstrate stopping bleeding and then bandaging a small cut on the person's forearm. You have the first aid kit and are now ready to begin.</b>	-----
<b>STOPPING BLEEDING AND BANDAGING</b>	-----
Tells person to place pressure over the cut with clean dressing, Verbalizes putting on gloves	
Applies pressure to bleeding area	
<i>Instructor says, 'The bleeding is not stopping.'</i>	-----
Adds more dressings and presses harder	
<i>Instructor says, 'The bleeding has stopped.'</i>	-----
Applies more bandages over the dressing	

<b>Instructor Signature :</b>
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