

Saudi Heart Association

Skills Testing Checklist

First Aid

Student Name: _____ **Date:** _____

Lead In: You wear your clean gloves to help someone. The EMS arrived and let them take over. You may now remove your gloves.

Removal of Gloves

PERFORMANCE EVALUATION			
REQUIRED ELEMENTS	PERFORMED CORRECTLY		COMMENTS
	YES	NO	
Grasp the outside of one glove at the palm.			
Peel the glove away from the palm toward the fingers			
Hold it in your other gloved hand			
Carefully slide the un-gloved index finger inside the wristband of the gloved hand.			
Pull outwards and down toward the fingers, removing the glove inside out			
Pull the glove down so that the first glove ends up inside the second glove			
Dispose of the gloves in a proper container.			
Perform hand hygiene			

Use of Epinephrine Pen

PERFORMANCE EVALUATION			
REQUIRED ELEMENTS	PERFORMED CORRECTLY		COMMENTS
	YES	NO	
Pull off the blue safety cap			
Press the orange end about 10 cm away from the outer mid-thigh at 90 degrees angles for 10 seconds			
Remove the epi-pen and massage the injection site for 10 seconds			

Bleeding Control/ Bandaging

PERFORMANCE EVALUATION			
REQUIRED ELEMENTS	PERFORMED CORRECTLY		COMMENTS
	YES	NO	
Verbalize the need to put on gloves and apply firm pressure to the wound using gauze or clean cloth for at least 10-15 minutes			
If the bleeding does not stop, add some more gauze			
Apply bandage			

Evaluator Name: _____ **ID#** _____ **Signature:** _____