Heartsaver®

Adult First Aid Skills Testing Checklist

American Heart Association.

Student Name _____ Date of Test _____

Responding to a First Aid Emergency

Workplace Scenario: "You find a coworker lying on the floor in the break room. A phone, a first aid kit, and an AED are on the wall. Demonstrate what you would do next."

School Scenario: "You find a visitor lying on the floor in the office. A phone, a first aid kit, and an AED are on the wall. Demonstrate what you would do next."

Home Scenario: "You find your partner lying on the floor in the kitchen. A phone and a first aid kit are nearby. Demonstrate what you would do next."

- ☐ Verbalizes that the scene is safe
- ☐ Taps and shouts to check responsiveness
  After the student checks for responsiveness, the instructor says, "The person is unresponsive."
- ☐ Shouts for help
- ☐ Sends someone to call 911 and get the first aid kit and AED
- ☐ Checks breathing
  After the student checks for breathing, the instructor says, "The person is breathing normally."
- ☐ Looks for injuries and medical information jewelry
  After the student checks for injuries and medical information jewelry, the instructor says, "The person is not injured, and there is no medical information jewelry."
- ☐ Verbalizes or places person in recovery position
- ☐ Verbalizes that they will stay with the person until EMS arrives

Controlling Bleeding and Bandaging

Workplace Scenario: "Your coworker has cut their forearm on a sharp piece of equipment. There is heavy bleeding from the wound. The scene is safe. You have the first aid kit and are now ready to begin."

School Scenario: "You enter the teacher's lounge and find a coworker has accidentally cut their forearm on a sharp knife. There is heavy bleeding from the wound. The scene is safe. You have the first aid kit and are now ready to begin."

Home Scenario: "Your partner has cut their forearm on a sharp knife. There is heavy bleeding from the wound. The scene is safe. You have the first aid kit and are now ready to begin."

- ☐ Verbalizes that the scene is safe
- ☐ Shouts for help
- ☐ Sends someone to call 911 and get the AED
- ☐ Verbalizes or puts on gloves
- ☐ Applies direct pressure (with 2 hands) on the wound with a clean dressing
  After about 15 seconds, the instructor says, "The bleeding is not stopping."
- ☐ Applies additional dressings and continues to hold direct pressure on the wound
  After another 15 seconds, the instructor says, "The bleeding is now controlled."
- ☐ Applies a bandage to maintain pressure and secure the dressings in place

STOP TEST

Instructor Notes

- Place a check in the box next to each step the student completes successfully.
- If the student does not complete all steps successfully (as indicated by at least 1 blank check box), the student must receive remediation. Make a note here of which skills require remediation (refer to instructor manual for information about remediation).

Test Results Check **PASS** or **NR** to indicate pass or needs remediation:	☐ **PASS**	☐ **NR**

Instructor Initials _____ Instructor Number _____ Date _____

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Adult First Aid
Skills Testing Critical Skills Descriptors

Responding to a First Aid Emergency

1. **Assesses the scene for safety and verbalizes that the scene is safe**
2. **Checks for responsiveness by tapping and shouting**
   - Taps the person's shoulders and shouts, "Hey! Are you OK? Are you OK?"
3. **Shouts for help**
4. **Sends someone to call 911 and get the first aid kit and AED**
5. **Checks for no breathing or no normal breathing (only gasping)**
   - Scans from the head to the chest for a minimum of 5 seconds and no more than 10 seconds
6. **Looks for injuries and medical information jewelry**
   - Scans from head to toe, looking for signs of injury
   - Visually checks for medical information jewelry (wrists and neck)
7. **Verbalizes or places the person in the recovery position**
8. **Verbalizes that they will stay with the person until EMS arrives**

Controlling Bleeding and Bandaging

1. **Assesses the scene for safety and verbalizes that the scene is safe**
2. **Shouts for help**
3. **Sends someone to call 911 and get the AED**
4. **Uses appropriate PPE**
   - Verbalizes or puts gloves on their hands
5. **Applies direct pressure (with 2 hands) on the wound with a clean dressing**
   - Places a clean dressing over the wound
   - Applies direct pressure to the wound with the palm of one hand and places the other hand on top, pressing straight down firmly
   - Keeps their arms straight, with elbows locked
6. **Applies additional dressings and continues to hold direct pressure on the wound**
   - Does not stop applying pressure or remove the first dressing
   - Applies additional dressings on top of the first and presses harder
7. **Applies a bandage over the dressings to maintain pressure and secure the dressings in place**
   - Holds the dressings firmly in place
   - Applies a bandage over the dressings
   - Verbalizes or uses tape or a similar method to bandage and secure the dressings in place

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