

## Skill Evaluation Sheets

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Skill Drill 4-1: Primary Check: RAP-CAB

Skill Drill 4-2: Perform a Secondary Check

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Skill Drill 5-2: Child CPR

Skill Drill 5-3: Infant CPR

Skill Drill 5-4: Airway Obstruction in a Responsive Adult or Child

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Skill Drill 16-9: Splinting Lower Leg (Self Splint)

Skill Drill 16-10: Splinting a Lower Leg (Rigid Splint)

Skill Drill 22-1: Childbirth

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## Skill Drill 2-1: How to Remove Gloves

|   | Points Possible | Points Awarded |
|---|-----------------|----------------|
| Take, or verbalize, standard precautions.   | 1               |                |
| Partially remove the first glove by pinching at the wrist. Be careful to touch only the outside of the glove. | 1               |                |
| Remove the second glove by pinching the exterior with the partially gloved hand.                              | 1               |                |
| Pull the second glove inside-out toward the fingertips.   | 1               |                |
| Grasp both gloves with your free hand, touching only the clean, interior surfaces.                            | 1               |                |
| <b>TOTAL:</b>   | <b>5</b>        |                |

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### Skill Drill 4-1: Primary Check: RAP-CAB

|   | Points Possible | Points Awarded |
|---|-----------------|----------------|
| Take, or verbalize, standard precautions.   | 1               |                |
| Perform a scene size-up. Look for the cause of injury. Form a first impression of what's wrong.   | 1               |                |
| <b>R:</b> Responsive? Tap shoulder and shout "Are you okay?"  | 1               |                |
| Check for signs of no breathing or abnormal breathing (ie, gasping).  | 1               |                |
| <b>A:</b> Activate EMS. If alone, call 9-1-1 or have a bystander call.  | 1               |                |
| <b>P:</b> Position: If the victim is not breathing normally, place onto back on a flat, firm surface. If the victim is breathing, place in recovery position and check for severe bleeding. | 1               |                |
| <b>C:</b> If the victim is not breathing normally, give CPR starting with 30 chest compressions-push hard; push fast.   | 1               |                |
| <b>A:</b> Open the airway (head tilt-chin lift).  | 1               |                |
| <b>B:</b> Give two breaths (each lasts 1 second and makes chest rise).  | 1               |                |
| Provide continuous cycles of 30 compressions and 2 rescue breaths until AED arrives, another trained person or EMS personnel takes over, or victim revives.                                 | 1               |                |
| <b>TOTAL:</b>   | <b>10</b>       |                |

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## Skill Drill 4-2: Perform a Secondary Check

|   | Points Possible | Points Awarded |
|---|-----------------|----------------|
| Take, or verbalize, standard precautions.   | 1               |                |
| Head—check for DOTS. Compare the pupils: they should be the same size and react to light. Check the ears and nose for clear or blood-tinged fluid. Check the mouth for objects that could block the airway, such as broken teeth. | 1               |                |
| Neck—check for DOTS. Look for a medical identification necklace.  | 1               |                |
| Chest—check for DOTS. Gently press inward.  | 1               |                |
| Abdomen—check for DOTS. Gently press downward in all four quadrants.  | 1               |                |
| Pelvis—check for DOTS. Gently press inward on the tops of the hips.   | 1               |                |
| Pelvis—check for DOTS. Gently press downward on the tops of the hips.   | 1               |                |
| Extremities—check both arms and legs for DOTS.  | 1               |                |
| Back—if no spinal injury is suspected, turn the victim on his or her side and check for DOTS.   | 1               |                |
| <b>TOTAL:</b>   | <b>9</b>        |                |

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### Skill Drill 5-1: Adult CPR

|   | Points Possible | Points Awarded |
|---|-----------------|----------------|
| Take, or verbalize, standard precautions.   | 1               |                |
| Check for responsiveness and breathing.   | 1               |                |
| Have a bystander call 9-1-1. If alone, call 9-1-1 yourself.                                 | 1               |                |
| If unresponsive and not breathing, provide 30 chest compressions hard and fast.             | 1               |                |
| Provide two rescue breaths.   | 1               |                |
| Repeat the compression and breath cycles until an AED is available or EMS personnel arrive. | 1               |                |
| <b>TOTAL:</b>   | <b>6</b>        |                |

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### Skill Drill 5-2: Child CPR

|   | Points Possible | Points Awarded |
|---|-----------------|----------------|
| Take, or verbalize, standard precautions.   | 1               |                |
| Check for responsiveness and breathing.   | 1               |                |
| Have a bystander call 9-1-1. If alone, give five cycles of CPR, then call 9-1-1.            | 1               |                |
| If unresponsive and not breathing, give 30 chest compressions using one or two hands.       | 1               |                |
| Provide two rescue breaths.   | 1               |                |
| Repeat the compression and breath cycles until an AED is available or EMS personnel arrive. | 1               |                |
| <b>TOTAL:</b>   | <b>6</b>        |                |

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### Skill Drill 5-3: Infant CPR

|   | Points Possible | Points Awarded |
|---|-----------------|----------------|
| Take, or verbalize, standard precautions.   | 1               |                |
| Check for responsiveness and breathing.   | 1               |                |
| Have a bystander call 9-1-1. If alone, give five cycles of CPR, then call 9-1-1.            | 1               |                |
| If unresponsive and not breathing, give 30 chest compressions with two fingers.             | 1               |                |
| Provide two rescue breaths.   | 1               |                |
| Repeat the compression and breath cycles until an AED is available or EMS personnel arrive. | 1               |                |
| <b>TOTAL:</b>   | <b>6</b>        |                |

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### Skill Drill 5-4: Airway Obstruction in a Responsive Adult or Child

|   | Points Possible | Points Awarded |
|---|-----------------|----------------|
| Take, or verbalize, standard precautions.   | 1               |                |
| Check victim for choking.   | 1               |                |
| Locate the navel.   | 1               |                |
| Place thumb side of fist just above the navel.  | 1               |                |
| Place other hand on top of first hand and give abdominal thrusts until object is removed. | 1               |                |
| <b>TOTAL:</b>   | <b>5</b>        |                |

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### Skill Drill 5-5: Airway Obstruction in a Responsive Infant

|  | Points Possible | Points Awarded |
|--|-----------------|----------------|
| Take, or verbalize, standard precautions.  | 1               |                |
| Support the infant's head, neck, and back. | 1               |                |
| Give five back blows.                      | 1               |                |
| Give five chest compressions.              | 1               |                |
| <b>TOTAL:</b>                              | <b>4</b>        |                |

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### Skill Drill 6-1: Using an AED

|   | Points Possible | Points Awarded |
|---|-----------------|----------------|
| Take, or verbalize, standard precautions.   | 1               |                |
| Perform CPR until an AED is available. Once the AED is available, turn the equipment on.  | 1               |                |
| Apply the electrode pads to the victim's bare skin and make sure the cable is attached to the device.                                     | 1               |                |
| Stand clear and allow the device to analyze the heart rhythm.   | 1               |                |
| Press the shock button if advised by the device. Fully automatic devices do not have a shock button and will provide the shock if needed. | 1               |                |
| Perform CPR and follow the device prompts. Check the victim and repeat the analysis, shock, and CPR steps as needed.                      | 1               |                |
| <b>TOTAL:</b>   | <b>6</b>        |                |

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## Skill Drill 7-1: Using an Epinephrine Auto-Injector

|  | Points Possible | Points Awarded |
|--|-----------------|----------------|
| Take, or verbalize, standard precautions.                                | 1               |                |
| Remove safety cap.   | 1               |                |
| Thrust auto-injector against the thigh and hold in place for 10 seconds. | 1               |                |
| Reinsert used auto-injector, needle first, into the carrying tube.       | 1               |                |
| <b>TOTAL:</b>  | <b>4</b>        |                |

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### Skill Drill 8-1: Care for External Bleeding

|   | Points Possible | Points Awarded |
|---|-----------------|----------------|
| Take, or verbalize, standard precautions.                                 | 1               |                |
| Expose the wound.   | 1               |                |
| Apply direct pressure.  | 1               |                |
| Apply a pressure bandage over the dressing and above and below the wound. | 1               |                |
| <b>TOTAL:</b>   | <b>4</b>        |                |

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### Skill Drill 10-1: Cravat Method of Bandaging the Head, Forehead, Ear, or Eyes

|  | Points Possible | Points Awarded |
|--|-----------------|----------------|
| Take, or verbalize, standard precautions.  | 1               |                |
| Place the middle of the bandage over the dressing covering the wound.                          | 1               |                |
| Cross the two ends snugly over each other.   | 1               |                |
| Bring the ends back around to where the dressing is and tie the ends in a knot over the wound. | 1               |                |
| TOTAL:   | 4               |                |

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## Skill Drill 10-2: Cravat Method of Bandaging the Arm or Leg

|   | Points Possible | Points Awarded |
|---|-----------------|----------------|
| Take, or verbalize, standard precautions.                                       | 1               |                |
| Wrap the bandage over the dressing.   | 1               |                |
| With one end, make one turn going up the extremity and another turn going down. | 1               |                |
| Tie the bandage over the dressing.  | 1               |                |
| <b>TOTAL:</b>   | <b>4</b>        |                |

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### Skill Drill 10-3: Cravat Method for Applying a Bandage to the Palm of the Hand

|  | Points Possible | Points Awarded |
|--|-----------------|----------------|
| Take, or verbalize, standard precautions.                                      | 1               |                |
| Fill the palm with a bulky dressing or pad.                                    | 1               |                |
| Wrap one end of the bandage around the fingers and the other around the wrist. | 1               |                |
| Wrap the bandage crossing over the fingers and around the wrist.               | 1               |                |
| Tie the bandage at the wrist.  | 1               |                |
| <b>TOTAL:</b>  | <b>5</b>        |                |

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## Skill Drill 10-4: Figure-Eight Method of Bandaging a Knee or Elbow

|  | Points Possible | Points Awarded |
|--|-----------------|----------------|
| Take, or verbalize, standard precautions.  | 1               |                |
| Bend the elbow or knee slightly and make two straight anchoring turns with the bandage over the elbow point or kneecap.                          | 1               |                |
| Bring the bandage above the joint to the upper arm or leg and make one turn, covering half to three fourths of the bandage from the first turn.  | 1               |                |
| Bring the bandage just under the joint and make one turn around the lower arm or leg, covering half to three fourths of the first straight turn. | 1               |                |
| Continue alternating the turns in a figure-eight maneuver by covering the previous layers.   | 1               |                |
| Alternate turns above and below the point or tip of the elbow or knee.   | 1               |                |
| <b>TOTAL:</b>  | <b>6</b>        |                |

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### Skill Drill 10-5: Figure-Eight Method of Bandaging a Hand

|   | Points Possible | Points Awarded |
|---|-----------------|----------------|
| Take, or verbalize, standard precautions.   | 1               |                |
| Anchor the bandage with one or two turns around the palm of the hand.   | 1               |                |
| Carry the bandage diagonally across the back of the hand and then around the wrist.   | 1               |                |
| Repeat the figure-eight maneuver as many times as necessary to cover the dressing, overlapping wraps to "stair-step" up the hand. | 1               |                |
| <b>TOTAL:</b>   | <b>4</b>        |                |

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## Skill Drill 10-6: Figure-Eight Method of Bandaging an Ankle or Foot

|   | Points Possible | Points Awarded |
|---|-----------------|----------------|
| Take, or verbalize, standard precautions.   | 1               |                |
| Anchor the bandage with one or two turns around the foot. Bring the bandage diagonally across the top of the foot and around the back of the ankle. | 1               |                |
| Continue to bandage across the top of the foot and underneath the arch of the foot.   | 1               |                |
| Continue figure-eight turns, with each turn overlapping the last turn and progressing up the ankle.   | 1               |                |
| <b>TOTAL:</b>   | <b>4</b>        |                |

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### Skill Drill 10-7: Loop Method of Securing Bandages

|  | Points Possible | Points Awarded |
|--|-----------------|----------------|
| Take, or verbalize, standard precautions.  | 1               |                |
| Reverse the direction of the bandage by looping it around a thumb or finger and continue back to the opposite side of the body part. | 1               |                |
| Encircle the part with the looped end and the free end and tie them together.  | 1               |                |
| TOTAL:   | 3               |                |

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### Skill Drill 10-8: Split-Tail Method of Securing Bandages

|  | Points Possible | Points Awarded |
|--|-----------------|----------------|
| Take, or verbalize, standard precautions.  | 1               |                |
| Split the end of the bandage lengthwise for about 12", then tie a knot to prevent further splitting. | 1               |                |
| Pass the ends in opposite directions around the body part and tie.                                   | 1               |                |
| <b>TOTAL:</b>  | <b>3</b>        |                |

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## Skill Drill 12-1: Checking for Spinal Injuries in a Responsive Victim

|  | Points Possible | Points Awarded |
|--|-----------------|----------------|
| Take, or verbalize, standard precautions.  | 1               |                |
| Victim wiggles fingers.                    | 1               |                |
| Rescuer squeezes fingers.                  | 1               |                |
| Victim squeezes rescuer's hand.            | 1               |                |
| Victim wiggles toes.                       | 1               |                |
| Rescuer squeezes toes.                     | 1               |                |
| Victim pushes foot against rescuer's hand. | 1               |                |
| <b>TOTAL:</b>                              | <b>7</b>        |                |

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## Skill Drill 12-2: Checking for Spinal Injuries in an Unresponsive Victim

|   | Points Possible | Points Awarded |
|---|-----------------|----------------|
| Take, or verbalize, standard precautions. | 1               |                |
| Pinch the hand for a response.            | 1               |                |
| Pinch the foot for a response.            | 1               |                |
| Babinski test for a response.             | 1               |                |
| <b>TOTAL:</b>                             | <b>4</b>        |                |

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## Skill Drill 14-1: Checking CSM in an Extremity

|   | Points Possible | Points Awarded |
|---|-----------------|----------------|
| Take, or verbalize, standard precautions.                         | 1               |                |
| Check an upper extremity for circulation (radial pulse).          | 1               |                |
| Check an upper extremity for sensation (squeeze fingers).         | 1               |                |
| Check an upper extremity for movement (wiggle fingers).           | 1               |                |
| Check a lower extremity for circulation (posterior tibial pulse). | 1               |                |
| Check a lower extremity for sensation (squeeze toes).             | 1               |                |
| Check a lower extremity for movement (wiggle toes).               | 1               |                |
| <b>TOTAL:</b>   | <b>7</b>        |                |

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## Skill Drill 15-1: The RICE Procedure

|   | Points Possible | Points Awarded |
|---|-----------------|----------------|
| Take, or verbalize, standard precautions.   | 1               |                |
| Place an ice pack on the injured area. Use an elastic bandage to hold the ice pack in place for 20 to 30 minutes. | 1               |                |
| Remove the ice, apply a compression bandage, and leave in place for 3 to 4 hours.                                 | 1               |                |
| Raise the injured area higher than the heart, if possible.  | 1               |                |
| <b>TOTAL:</b>   | <b>4</b>        |                |

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## Skill Drill 16-1: Arm Sling for Arm Injury

|   | Points Possible | Points Awarded |
|---|-----------------|----------------|
| Take, or verbalize, standard precautions.   | 1               |                |
| Place the bandage between the forearm and chest with the point of the bandage toward the elbow and stretch beyond the elbow.  | 1               |                |
| Pull the upper end of the bandage over the uninjured shoulder.  | 1               |                |
| Bring the lower end of the bandage over the forearm.  | 1               |                |
| Bring the end of the bandage around the neck to the uninjured side and tie to the other end at the hollow above the clavicle on the uninjured side.   | 1               |                |
| Place a swathe around the upper arm and body. The center of the swathe should be placed over the arm. The hand should be in thumb-up position within the sling and slightly above the level of the elbow. | 1               |                |
| <b>TOTAL:</b>   | <b>6</b>        |                |

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## Skill Drill 16-2: Sling for Clavicle or Shoulder Injury

|  | Points Possible | Points Awarded |
|--|-----------------|----------------|
| Take, or verbalize, standard precautions.  | 1               |                |
| Place the bandage between the forearm and chest with its point toward the elbow and stretching beyond it. Pull the upper end over the shoulder on the uninjured side.  | 1               |                |
| Bring the other end of the bandage over the forearm and tuck it under the armpit on the injured side.  | 1               |                |
| Continue bringing the lower end of the bandage around the victim's back where it is tied to the upper end of the bandage.  | 1               |                |
| Place a swathe around the chest and forearm rather than the upper arm. The center of the swathe should be placed over the forearm. The hand should be in a thumb-up position within the sling and slightly above the level of the elbow. | 1               |                |
| Tie the swathe behind the victim's back.   | 1               |                |
| <b>TOTAL:</b>  | <b>6</b>        |                |

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### Skill Drill 16-3: Splinting Upper Arm (Humerus)

|  | Points Possible | Points Awarded |
|--|-----------------|----------------|
| Take, or verbalize, standard precautions.  | 1               |                |
| Gently place injured arm across the chest. If available, tie a rigid splint to the outside of the arm. If a rigid splint is not available, go to step 2. | 1               |                |
| Loop a cravat or strap around the neck and wrist to allow the arm to hang in the sling position.   | 1               |                |
| Secure the arm to the chest with a swathe (folded triangular bandage).   | 1               |                |
| <b>TOTAL:</b>  | <b>4</b>        |                |

Evaluator Comments: \_\_\_\_\_

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Start Time: \_\_\_\_\_ Date: \_\_\_\_\_

Stop Time: \_\_\_\_\_

Candidate's Name: \_\_\_\_\_

Evaluator's Name: \_\_\_\_\_

### Skill Drill 16-4: Splinting Elbow in Bent Position

|   | Points Possible | Points Awarded |
|---|-----------------|----------------|
| Take, or verbalize, standard precautions.   | 1               |                |
| If the injured elbow is bent, place a rigid splint from the upper arm to the wrist. | 1               |                |
| Tie a rigid splint onto the arm with cravat bandages.                               | 1               |                |
| Place the arm in a sling.   | 1               |                |
| <b>TOTAL:</b>   | <b>4</b>        |                |

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Candidate's Name: \_\_\_\_\_

Evaluator's Name: \_\_\_\_\_

## Skill Drill 16-5: Splinting Elbow in Straight Position

|   | Points Possible | Points Awarded |
|---|-----------------|----------------|
| Take, or verbalize, standard precautions.   | 1               |                |
| If the injured elbow is straight, place a rigid splint along the inside of the arm from the hand to the armpit. | 1               |                |
| Secure with a roller bandage or several cravat bandages.  | 1               |                |
| Check CSM (circulation, sensation, movement).   | 1               |                |
| <b>TOTAL:</b>   | <b>4</b>        |                |

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Stop Time: \_\_\_\_\_

Candidate's Name: \_\_\_\_\_

Evaluator's Name: \_\_\_\_\_

## Skill Drill 16-6: Splinting Forearm (Radius/Ulna)

|  | Points Possible | Points Awarded |
|--|-----------------|----------------|
| Take, or verbalize, standard precautions.  | 1               |                |
| Place splints on both sides of the forearm to prevent rotation of the forearm.                                       | 1               |                |
| Secure with a cravat or roller bandage.  | 1               |                |
| Place the arm in a sling. A binder or swathe around the body is recommended. Keep the thumb in the upright position. | 1               |                |
| <b>TOTAL:</b>  | <b>4</b>        |                |

Evaluator Comments: \_\_\_\_\_

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Start Time: \_\_\_\_\_ Date: \_\_\_\_\_

Stop Time: \_\_\_\_\_

Candidate's Name: \_\_\_\_\_

Evaluator's Name: \_\_\_\_\_

## Skill Drill 16-7: Splinting a Knee in the Straight Position

|  | Points Possible | Points Awarded |
|--|-----------------|----------------|
| Take, or verbalize, standard precautions.  | 1               |                |
| Lift the injured leg and place a rigid splint (long board) under the leg. The splint should extend from the buttocks to beyond the foot. | 1               |                |
| Place cravat bandages under the rigid splint and place soft padding under the knee and ankle.  | 1               |                |
| Tie the cravat bandages. Do not tie the knots over the injured area.   | 1               |                |
| <b>TOTAL:</b>  | <b>4</b>        |                |

Evaluator Comments: \_\_\_\_\_

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Start Time: \_\_\_\_\_ Date: \_\_\_\_\_

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Candidate's Name: \_\_\_\_\_

Evaluator's Name: \_\_\_\_\_

## Skill Drill 16-8: Splinting a Knee in the Bent Position

|  | Points Possible | Points Awarded |
|--|-----------------|----------------|
| Take, or verbalize, standard precautions.  | 1               |                |
| Place a rigid splint (long board) against the injured leg. Do not place the splint against the knee. | 1               |                |
| Tie a cravat bandage around the splint and lower leg.  | 1               |                |
| Tie a cravat bandage around the splint and thigh.  | 1               |                |
| Tie knots over the splint, not over the leg.   | 1               |                |
| <b>TOTAL:</b>  | <b>5</b>        |                |

Evaluator Comments: \_\_\_\_\_

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Start Time: \_\_\_\_\_ Date: \_\_\_\_\_

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Candidate's Name: \_\_\_\_\_

Evaluator's Name: \_\_\_\_\_

### Skill Drill 16-9: Splinting Lower Leg (Self Splint)

|  | Points Possible | Points Awarded |
|--|-----------------|----------------|
| Take, or verbalize, standard precautions.  | 1               |                |
| Place padding (folded blanket) between the legs. Push the cravat bandages under the leg with a thin board. | 1               |                |
| Tie the legs together.   | 1               |                |
| Tie knots between the legs, over the padding (folded blanket).   | 1               |                |
| <b>TOTAL:</b>  | <b>4</b>        |                |

Evaluator Comments: \_\_\_\_\_

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Start Time: \_\_\_\_\_ Date: \_\_\_\_\_

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Candidate's Name: \_\_\_\_\_

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### Skill Drill 16-10: Splinting Lower Leg (Rigid Splint)

|  | Points Possible | Points Awarded |
|--|-----------------|----------------|
| Take, or verbalize, standard precautions.  | 1               |                |
| Place one rigid splint (board) on the outside (lateral) and another inside (medial). Push the cravat bandages under the leg with a thin board. | 1               |                |
| Tie both splints and leg together with cravat bandages.  | 1               |                |
| Tie knots on top of the splint (board).  | 1               |                |
| <b>TOTAL:</b>  | <b>4</b>        |                |

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Start Time: \_\_\_\_\_ Date: \_\_\_\_\_

Stop Time: \_\_\_\_\_

Candidate's Name: \_\_\_\_\_

Evaluator's Name: \_\_\_\_\_

### Skill Drill 22-1: Childbirth

|   | Points Possible | Points Awarded |
|---|-----------------|----------------|
| Take, or verbalize, standard precautions.                             | 1               |                |
| Support the baby's head and suction its mouth and nose.               | 1               |                |
| Once the head delivers, the upper shoulders will be visible.          | 1               |                |
| Support the baby's head and body as the shoulders deliver.            | 1               |                |
| Clean and dry the infant to reduce heat loss and stimulate breathing. | 1               |                |
| Allow the placenta to deliver. Do not pull on the umbilical cord.     | 1               |                |
| <b>TOTAL:</b>   | <b>6</b>        |                |

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