

Certified First Responder

Practical Skills Examination Sheets



Certified First Responder Practical Skills Examination Sheets “Updates”

Included on this page are the changes or updates that have been made to the CFR Practical Skills Examination Sheets. Any time the Bureau of EMS makes a change to the skills sheets we will update this page. The date at the bottom of each skills sheet will also be updated with the date of the most recent change.

Date of Change	Station #	Changes Made
07/10/2012	ALL	All stations have been reviewed or updated to meet the new NYS Standards for CFR.

**New York State Department of Health
Bureau of Emergency Medical Services**

**Certified First Responder
Standardized Practical Skills Examination**

Skill Station 1:

Mandatory: 1-A – Patient Assessment – Medical

Mandatory: 1-B – Patient Assessment – Trauma

Skill Station 2:

Mandatory: 2 – Cardiac Arrest Management/AED

Skill Station 3:

Mandatory: 3 – Bag-Valve-Mask Apneic with Pulse

Skill Station 4:

Optional Skills – Choose 1 (candidate must blindly choose card denoting the station number to be tested)

4A – Upper Airway Adjuncts and Suction

4B – Supplemental Oxygen Administration

4C – Bleeding Control/Shock Management

Candidates who **fail two skill stations or less** on the practical exam, may be retested on those skills.

Three or more failed stations constitutes a failure of the practical examination and the candidate must complete a refresher or original course prior to being retested.

PATIENT ASSESSMENT - MEDICAL

INSTRUCTIONS TO THE CANDIDATE

This station is designed to test your ability to perform a patient assessment of a patient with a chief complaint of a medical problem and “voice” treat all conditions discovered. You must conduct your assessment as you would in the field including communicating with your patient. You may remove the patient’s clothing down to shorts or swimsuit if you feel it is necessary. As you conduct your assessment, you should verbalize everything you are assessing. Clinical information not obtainable by visual or physical inspection will be given to you after you demonstrate how you would normally gain that information. You may assume that you have two CFRs working with you and that they are correctly carrying out the verbal treatments you indicate. You have ten (10) minutes to complete this skill station. Do you have any questions?

NOTES

**STATION
1-A
CFR**

**PATIENT ASSESSMENT
MEDICAL**

Pass _____
Fail _____

Please Print

Candidate _____

Examiner _____ Initials _____

Date _____ Start Time _____ Stop Time _____

		Points:	Possible	Awarded	Comments	
SCENE SIZE-UP	Takes, or verbalizes, body substance isolation precautions		C			
	Determines the scene is safe		C			
	Determines the mechanism of injury / nature of illness		1			
	Determines the number of patients		1			
	Requests additional help if necessary		1			
	Considers stabilization of spine		1			
PRIMARY ASSESSMENT	Verbalizes general impression of the patient		1			
	Determines responsiveness/level of consciousness (AVPU)		1			
	Determines chief complaint/apparent life threats		1			
	Airway and Breathing	Assess and maintains airway		C		
		Initiates appropriate oxygen therapy		C		
		Assures adequate ventilation		C		
		Manages life threats to airway/breathing		C		
	Circulation	Assesses/controls major bleeding		C		
		Assesses pulse		C		
		Assesses skin (color, temperature, and condition)		C		
	Assesses airway, breathing & circulation prior to physical exam		C			
Identifies priority patient/updates responding EMS units with brief report		C				
HISTORY SECONDARY ASSESSMENT	Obtain baseline vital signs	Pulse Rate (1) & Quality (1) (+/- 10) [1]	3			
		Respirations Rate (1) & Quality (1) (+/- 4) [1]	3			
		Blood Pressure Systolic (1) (+/- 10) Diastolic (1) (+/- 10)	2			
		Skin (color [1], temperature [1] & condition [1])	3			
	Onset (1), Provocation (1), Quality (1), Radiation (1), Severity (1), Time (1)		6			
	Allergies (1), Medications (1), Pertinent Past History (1), Last oral intake (1), Events(1)		5			
	Assesses appropriate body system	Cardiovascular, Pulmonary, Neurological, Musculoskeletal, Integumentary, GI/GU, Reproductive, Psychological/Social	C			
	States general impression		1			
	Verbalizes appropriate interventions and treatment		1			
	REASSESSMENT	States when will do reassessment/how often	1			
Appropriately verbalizes report to arriving ambulance crew		1				
Candidate completed station within 10 minute time limit		C				
Note: Candidate must complete all critical criteria and receive at least 23 points to pass this station.			33			

PATIENT ASSESSMENT - TRAUMA

INSTRUCTIONS TO THE CANDIDATE

This station is designed to test your ability to perform a patient assessment of a victim of multi-system trauma and “voice” treat all conditions and injuries discovered. You must conduct your assessment as you would in the field including communicating with your patient. You may remove the patient’s clothing down to shorts or swimsuit if you feel it is necessary. As you conduct your assessment, you should verbalize everything you are assessing. Clinical information not obtainable by visual or physical inspection will be given to you after you demonstrate how you would normally gain that information. You may assume that you have two CFRs working with you and that they are correctly carrying out the verbal treatments you indicate. You have ten (10) minutes to complete this skill station. Do you have any questions?

NOTES

Please Print

**STATION
1-B
CFR**

**PATIENT ASSESSMENT
TRAUMA**

Pass _____
Fail _____

Candidate _____

Examiner _____ Initials _____

Date _____ Start Time _____ Stop Time _____

		Points:	Comments	
SCENE SIZE-UP	Takes, or verbalizes, body substance isolation precautions	C		
	Determines the scene is safe	C		
	Determines the mechanism of injury / nature of illness	1		
	Determines the number of patients	1		
	Requests additional help if necessary	1		
	Considers stabilization of spine	C		
PRIMARY ASSESSMENT	Verbalizes general impression of the patient	1		
	Determines responsiveness/level of consciousness (AVPU)	1		
	Determines chief complaint/apparent life threats	1		
	Airway and Breathing	Assess and maintains airway	C	
		Initiates appropriate oxygen therapy	C	
		Assures adequate ventilation	C	
		Manages life threats to airway/breathing	C	
	Circulation	Assesses/controls major bleeding	C	
		Assesses pulse	C	
		Assesses skin (color, temperature, and condition)	C	
		Assesses airway, breathing & circulation prior to physical exam	C	
	Identifies priority patient/updates responding EMS units with brief Report	C		
HISTORY SECONDARY ASSESSMENT	History	Attempts to obtain SAMPLE	1	
	Head	Inspect mouth and nose	1	
		Inspect & palpate scalp, ears and facial area	1	
		Assesses eyes	1	
	Neck	Palpates trachea for position	1	
		Checks jugular veins	1	
		Palpates cervical spine	1	
	Chest	Inspects chest (1) and Palpates chest (1)	2	
		Auscultates chest – Left side (1), Right side (1)	2	
	Abdomen/Pelvis	Inspects (1) & palpates (1) abdomen	2	
		Assesses pelvis	1	
		Verbalizes assessment of genitalia/perineum	1	
	Lower Extremities	Inspects (1) palpates (1) motor/sensory/pulses (1) ea leg	6	
	Upper Extremities	Inspects (1) palpates (1) motor/sensory/pulses (1) ea arm	6	
	Posterior	Inspects (1) palpates (1) thorax	2	
	Posterior	Inspects (1) palpates (1) lumbar and buttocks	2	
	Vital Signs	Pulse Rate (1) & Quality (1) (+/- 10) [1]	3	
		Respirations Rate (1) & Quality (1) (+/- 4) [1]	3	
		Blood Pressure Systolic (1) (+/- 10) Diastolic (1) (+/- 10)	2	
		Skin (color [1], temperature [1] & condition [1])	3	
	Manages secondary injuries and wounds appropriately	1		
	Verbalizes appropriate interventions and treatment	1		
REASSESSMENT	States when will do reassessment/how often	1		
	Appropriately verbalizes report to arriving ambulance crew	1		
	Candidate completed station within 10 minute time limit	C		
Note: Candidate must complete all critical criteria.		52		

Total to pass: 37

CARDIAC ARREST MANAGEMENT AED

INSTRUCTIONS TO THE CANDIDATE

This station is designed to test your ability to manage a prehospital cardiac arrest by integrating CPR skills, defibrillation, airway adjuncts and patient/scene management skills. There will be an CFR assistant in this station. The CFR assistant will only do as you instruct. As you arrive on the scene you find a patient on the floor. You must immediately establish control of the scene and care of the patient. At the appropriate time, the patient's airway must be controlled and you must ventilate or direct the ventilation of the patient using adjunctive equipment. You may use any of the supplies available in this room. You have 15 minutes to complete this skill station. Do you have any questions?

NOTES

STATION
2
CFR

**CARDIAC ARREST
MANAGEMENT
AED**

Pass _____
Fail _____

Please Print

Candidate _____

Examiner _____ Initials _____

Date _____ Start Time _____ Stop Time _____

	Points:	Possible	Awarded	Comments
ASSESSMENT & INITIAL TREATMENT	Takes or verbalizes, body substance isolation precautions	C		
	Appropriately assess patient and confirms no pulse	1		
	Directs rescuer to begin single rescuer CPR	1		
	Assures adequate CPR and adequate (visible) chest rise during ventilations	1		
	Properly attaches AED pads in the correct locations	1		
	Turns on AED	1		
	Directs rescuer to stop CPR	1		
	Ensures all individuals are clear of the patient	C		
	Initiates analysis of the patient's rhythm	1		
Delivers one (1) shock	C			
INTEGRATION	TRANSITION			
	Immediately begins 2 rescuer CPR without performing a pulse check (candidate must be performing ventilations)(continues for 2 full minutes)	1		
	Assures adequate CPR and adequate (visible) chest rise during ventilations	1		
	Verbalizes insertion of a simple airway adjunct (oral/nasal airway)	1		
	Assures high concentration of oxygen is delivered to the patient	1		
	Assures CPR continues without unnecessary/prolonged interruption during the 2 minutes	1		
	Directs rescuer to stop CPR	1		
	Ensures all individuals are clear of the patient	C		
	Initiates analysis of the patient's rhythm	1		
	Delivers one (1) shock	C		
Immediately begins 2 rescuer CPR without performing a pulse check (candidate should be performing ventilations)				
Verbalizes transportation of patient	1			
Candidate did not initiate first shock within 90 seconds of arrival	C			
Candidate did not initiate/resume CPR at appropriate times	C			
Candidate operated the AED improperly or unsafely	C			
Stops compressions to attach AED	C			
Candidate failed to assure appropriate compression-to-ventilation ratios	C			
Candidate completed station within 15 minute time limit	C			
Note: Candidate must complete all critical criteria and receive at least 11 points to pass this station.	15			

COMMENTS:

BAG-VALVE-MASK APNEIC WITH PULSE

INSTRUCTIONS TO THE CANDIDATE

This station is designed to test your ability to ventilate a patient using a bag-valve-mask. As you enter the station you will find an apneic patient with a palpable carotid pulse. There are no bystanders and artificial ventilation has not been initiated. The only patient management required is airway management and ventilatory support. You must initially ventilate the patient for a minimum of 30 seconds prior to connecting to a supplementary oxygen source. You will be evaluated on the appropriateness of ventilatory volumes. I will then inform you that a second rescuer has arrived and will instruct you that you must control the airway and the mask seal while the second rescuer provides ventilations. You may use only the equipment available in this room. You have five (5) minutes to complete this station. Do you have any questions?

NOTES

STATION
3
CFR

**BAG-VALVE-MASK
APNEIC WITH
PULSE**

Pass _____
Fail _____

Please Print

Candidate _____

Examiner _____ Initials _____

Date _____ Start Time _____ Stop Time _____

	Points:	<i>Possible</i>	<i>Awarded</i>	Comments
Takes, or verbalizes, body substance isolation precautions	C			
Opens the airway	1			
Inserts an airway adjunct	1			
Selects appropriately sized mask	1			
Creates a proper mask-to-face seal	1			
Delivers first ventilation within 30 seconds of opening the airway	1			
Ventilates patient at a rate of 10 – 12 breaths per minute (approximately once every 5 – 6 seconds), for no more than 30 – 45 seconds	1			
Connects reservoir and oxygen	1			
Adjusts liter flow to 15 liters per minute or greater	C			
The examiner indicates the arrival of a second CFR The second CFR is instructed to ventilate the patient while the candidate controls the mask and the airway	1			
Reopens the airway	1			
Creates a proper mask-to-face seal	1			
Instructs assistant to resume ventilations at an adequate volume to achieve visible chest rise.	1			
Instructs assistant to resume ventilations at a rate of 10 – 12 breaths per minute (approximately once every 5 – 6 seconds) (The examiner must witness for a minimum of 30 seconds)	1			
Ventilates patient at an adequate volume to achieve visible chest rise	C			
Did not Interrupt ventilations for more than 30 seconds at any time	C			
Candidate ventilated patient prior to connecting supplementary oxygen	C			
Adequate ventilation volumes (did not over or under ventilate)	C			
Allowed for adequate exhalation	C			
Candidate completed station within the 5 minute time limit	C			
Note: Candidate must complete all critical criteria and receive at least 9 points to pass this station.	12			

COMMENTS:

UPPER AIRWAY ADJUNCTS AND SUCTION

INSTRUCTIONS TO THE CANDIDATE

This station is designed to test your ability to properly measure, insert and remove an oropharyngeal and nasopharyngeal airway as well as suction a patient's upper airway. This is an isolated skills test comprised of three separate skills. You may use any equipment available in this room. You have five (5) minutes to complete this station. Do you have any questions.

NOTES



UPPER AIRWAY
ADJUNCTS
& SUCTION

Pass _____
Fail _____

Please Print

Candidate _____
Examiner _____ Initials _____
Date _____ Start Time _____ Stop Time _____

OROPHARYNGEAL AIRWAY

Points:

Possible
Awarded

Comments

	Possible	Awarded	Comments
Takes, or verbalizes, body substance isolation precautions	C		
Selects appropriately sized airway	1		
Measures airway	1		
Inserts airway without pushing the tongue posteriorly	1		
Note: The examiner must advise the candidate that the patient is gagging and becoming conscious			
Removes the oropharyngeal airway	1		

Suction

Points:

Possible
Awarded

Comments

	Possible	Awarded	Comments
Note: The examiner must advise the candidate to suction the patient's airway			
Turns on/prepares suction device	1		
Assures presence of mechanical suction	1		
Inserts the suction tip without suction	1		
Applies suction to the oropharynx/nasopharynx	1		
Candidate demonstrated acceptable suction technique	C		

NASOPHARYNGEAL AIRWAY

Points:

Possible
Awarded

Comments

	Possible	Awarded	Comments
Note: The examiner must advise the candidate to insert a nasopharyngeal airway			
Selects appropriately sized airway	1		
Measures airway	1		
Verbalizes lubrication of the nasal airway	1		
Fully inserts the airway with the bevel facing toward the septum	1		
Candidate did not insert any adjunct in a manner dangerous to the patient	C		
Candidate completed the station within the 5 minute time limit	C		
Note: Candidate must complete all critical criteria and receive at least 9 points to pass this station.	12		

COMMENTS:

SUPPLEMENTAL OXYGEN ADMINISTRATION

INSTRUCTIONS TO THE CANDIDATE

This station is designed to test your ability to correctly assemble the equipment needed to administer supplemental oxygen in the prehospital setting. This is an isolated skills test. You will be required to assemble an oxygen tank and a regulator and administer oxygen to a patient using a non-rebreather mask. At this point, you will be instructed to discontinue oxygen administration by the non-rebreather mask and start oxygen administration using a nasal cannula because the patient cannot tolerate the mask. Once you have initiated oxygen administration using a nasal cannula, you will be instructed to discontinue oxygen administration completely. You have five (5) minutes to complete this station. Do you have any questions?

NOTES

STATION
4B
CFR

**SUPPLEMENTAL
OXYGEN
ADMINISTRATION**

Pass _____
Fail _____

Please Print

Candidate _____

Examiner _____ Initials _____

Date _____ Start Time _____ Stop Time _____

Points:	Possible	Awarded	Comments
Takes, or verbalizes, body substance isolation precautions	C		
Assembles the regulator to the tank	1		
Opens the tank	1		
Checks for leaks	1		
Checks and verbalizes tank pressure	1		
Attaches non-rebreather mask to oxygen	1		
Prefills reservoir	C		
Adjusts liter flow to 12 liters per minute or greater	C		
Applies and adjusts the mask to the patient's face	1		
Note: The examiner must advise the candidate that the patient is not tolerating the non-rebreather mask. The examiner must instruct the candidate to remove the non-rebreather mask and apply a nasal cannula to the patient.			
Attaches nasal cannula to oxygen	1		
Adjusts liter flow to 6 liters per minute or less	C		
Applies nasal cannula to the patient	1		
Note: The examiner must advise the candidate to discontinue oxygen therapy.			
Removes nasal cannula from the patient	1		
Shuts off the regulator	1		
Relieves the pressure within the regulator	1		
Candidate assembles the tank and regulator without leaks	C		
Candidate completed the station within the 5 minute time limit	C		
Note: Candidate must complete all critical criteria and receive at least 8 points to pass this station.	11		

COMMENTS:

BLEEDING CONTROL/SHOCK MANAGEMENT

INSTRUCTIONS TO THE CANDIDATE

This station is designed to test your ability to control hemorrhage. This is a scenario-based testing station. As you progress through the scenario, you will be given various signs and symptoms appropriate for the patient's condition. You will be required to manage the patient based on these signs and symptoms. A scenario will be read aloud to you and you will be given an opportunity to ask clarifying questions about the scenario, however, you will not receive answers to any questions about the actual steps of the procedures to be performed. You may use any of the supplies available in this room. You have 5 minutes to complete this skill station. Do you have any questions?

NOTES



**BLEEDING CONTROL/
SHOCK
MANAGEMENT**

Pass _____
Fail _____

Please Print

Candidate _____
Examiner _____ Initials _____
Date _____ Start Time _____ Stop Time _____

Points:	Possible	Awarded	Comments
Takes, or verbalizes, body substance isolation precautions	C		
Applies direct pressure to the wound	1		
Note: The examiner must now inform the candidate that the wound continues to bleed.			
Applies a pressure dressing to the wound	1		
Note: The examiner must now inform the candidate that the wound still continues to bleed.			
Applies a tourniquet	1		
Verbalizes how to know when tourniquet has been adequately tightened. (until bleeding has stopped)	1		
Note: The examiner must now inform the candidate that the bleeding is Controlled, but the patient is showing signs and symptoms indicative of hypoperfusion.			
Properly positions the patient	1		
Applies high concentration oxygen	C		
Initiates steps to prevent heat loss from the patient	1		
Indicates the need for immediate transportation	1		
Candidate failed to control hemorrhage appropriately	C		
Candidate applied a tourniquet before attempting other methods of bleeding control.	C		
Candidate did not complete the station within the 5 minute time limit	C		
Note: Candidate must complete all critical criteria and receive at least 6 points to pass this station.	7		

COMMENTS: