

Heartsaver®
**Adult First Aid
Skills Testing Checklist**



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 _____