

# **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
6/14/02	ALL	All PSE testing sheets have been updated to meet the new CFR curriculum. These sheets are to be used for all CFR courses with a NYS Written certification exam date on or after August 15 <sup>th</sup> , 2002.
8/26/02	ALL, 4A and 4D	Corrected minor formatting issues on all sheets. Corrected “Total To Pass” values on stations 4A and 4D.
11/14/02	1	Added “medical problem” to Instructions To The Candidate. <b>New station #1 (Patient Assessment/Management) has been added to include vital signs.</b> This new station must be used in all PSEs testing on or after January 1 <sup>st</sup> , 2003. The current/old station #1 may be used through December 31 <sup>st</sup> , 2002.
7/05/06	ALL	Updated stations to 2005 AHA Guidelines. Additional formatting changes to several other stations. Revised exam must be used for all courses testing on or after August 1, 2006

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

**Certified First Responder  
Standardized Practical Skills Examination**

**Skill Station 1:**

Mandatory: 1 – Patient Assessment/Management

**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

4A – Upper Airway Adjuncts and Suction

4B – Supplemental Oxygen Administration

4C – Mouth-To-Mask with Supplemental Oxygen

4D – 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 course prior to being retested.



## PATIENT ASSESSMENT/MANAGEMENT

### INSTRUCTIONS TO THE CANDIDATE

This station is designed to test your ability to perform a patient assessment of a victim of multi-system trauma or a medical problem 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

**STATION  
1  
CFR**

**PATIENT ASSESSMENT/  
MANAGEMENT**

Pass _____
Fail _____

*Please Print*

Candidate \_\_\_\_\_

Examiner \_\_\_\_\_ Initials \_\_\_\_\_

Date \_\_\_\_\_ Start Time \_\_\_\_\_ Stop Time \_\_\_\_\_

		Points:	Possible	Awarded	Comments	
<b>SCENE SIZE-UP</b>	<b>Takes, or verbalizes, body substance isolation precautions</b>		C			
	<b>Determines the scene is safe</b>		C			
	Determines the mechanism of injury / nature of illness		1			
	Determines the number of patients		1			
	Requests additional help if necessary		1			
	<b>Considers stabilization of spine</b>		C			
<b>INITIAL ASSESSMENT</b>	Verbalizes general impression of the patient		1			
	Determines responsiveness/level of consciousness		1			
	Determines chief complaint/apparent life threats		1			
	<b>Airway and Breathing</b>	<b>Assess and maintains airway</b>		C		
		<b>Initiates appropriate oxygen therapy</b>		C		
		<b>Assures adequate ventilation</b>		C		
		<b>Manages life threats to airway/breathing</b>		C		
	<b>Circulation</b>	<b>Assesses/controls major bleeding</b>		C		
		<b>Assesses pulse</b>		C		
		<b>Assesses skin (color, temperature, and condition)</b>		C		
	<b>Assesses airway, breathing &amp; circulation prior to physical exam</b>		C			
<b>Identifies priority patients/updates responding EMS units with brief</b>		C				
<b>HISTORY and PHYSICAL EXAM</b>	Obtain baseline vital signs	Pulse Determines rate & quality (+/- 10)	1			
		Respirations Determines rate & quality (+/- 4)	1			
		Skin (color, temperature & condition)	1			
	Obtains S.A.M.P.L.E. history		1			
	Assesses the head	Inspects and palpates the head	1			
	Assesses the neck	Inspects and palpates the neck	1			
	Assesses the chest	Inspects and palpates the chest	1			
	Assesses the abdomen	Inspects and palpates the abdomen	1			
	Assesses the pelvis	Inspects and palpates the pelvis	1			
	Assess the extremities	Inspects and palpates all 4 extremities (1pt. ea.)	4			
Manages secondary injuries & wounds appropriately		1				
Ongoing Assessment (verbalized)	Repeats initial assessment		1			
	Repeats physical exam		1			
<b>Candidate completed station within 10 minute time limit</b>		C				
<b>Note: Candidate must complete all critical criteria and receive at least 15 points to pass this station.</b>			<b>22</b>			

**Total to pass: 15**

## 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 a CFR assistant in this station. The CFR assistant will only do as you instruct. As you arrive on the scene, you will encounter a patient in cardiac arrest. A first responder is present performing **good quality** single rescuer CPR **for at least 2 minutes prior to your arrival**. You must immediately establish control of the scene and begin resuscitation of the patient with an automated external defibrillator. 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 fifteen (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
<b>ASSESSMENT &amp; INITIAL TREATMENT</b>	<b>Takes or verbalizes, body substance isolation precautions</b>	<b>C</b>		
	Directs rescuer to continue CPR	1		
	Assures adequate CPR (verbalizes " <i>push hard, push fast, full chest recoil</i> ") <b>and</b> adequate (visible) chest rise during ventilations	1		
	Turns on AED	1		
	Properly attaches AED pads in the correct locations	1		
	Directs rescuer to stop CPR	1		
	Ensures all individuals are clear of the patient	1		
	Initiates analysis of the patient's rhythm	1		
	<b>Delivers one (1) shock</b>	<b>C</b>		
	Immediately directs CPR to begin without performing a pulse check	1		
	<b>TRANSITION</b>			
	Verbally verifies lack of rescuer/compressor fatigue	1		
	Assures adequate CPR (verbalizes " <i>push hard, push fast, full chest recoil</i> ") <b>and</b> adequate (visible) chest rise during ventilations	1		
<b>INTEGRATION</b>	Verbalizes insertion of a simple airway adjunct (oral/nasal airway)	1		
	Assures high concentration of oxygen is delivered to the patient	1		
	CPR continues without unnecessary/prolonged interruption	1		
	Re-evaluates patient in approximately two (2) minutes	1		
	Candidate verbalizes defibrillation sequence protocol (NYS BLS Protocol)	1		
	Verbalizes Hand – Off report to ambulance personnel	1		
	<b>Candidate initiated first shock within 90 seconds of arrival</b>	<b>C</b>		
	<b>Assured all individuals were clear of patient before delivering each shock</b>	<b>C</b>		
	<b>Directed initiation of ventilation/compressions at appropriate times</b>	<b>C</b>		
	<b>Candidate completed station within 15 minute time limit</b>	<b>C</b>		
	<b>Note: Candidate must complete all critical criteria and receive at least 12 points to pass this station.</b>	<b>16</b>		

**Total to pass: 12**

**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:	Possible	Awarded	Comments
<b>Takes, or verbalizes, body substance isolation precautions</b>	<b>C</b>		
Opens the airway	1		
Inserts an airway adjunct	1		
Selects appropriately sized mask	1		
Creates a proper mask-to-face seal	1		
Ventilates patient at a rate of 10 – 12 breaths per minute (approximately once every 5 – 6 seconds)	1		
Connects reservoir and oxygen	1		
<b>Adjusts liter flow to 15 liters per minute or greater</b>	<b>C</b>		
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		
<b>Ventilates patient at an adequate volume to achieve visible chest rise</b>	<b>C</b>		
<b>Did not Interrupt ventilations for more than 20 seconds at any time</b>	<b>C</b>		
<b>Candidate ventilated patient prior to connecting supplementary oxygen</b>	<b>C</b>		
<b>Adequate ventilation volumes (did not over or under ventilate)</b>	<b>C</b>		
<b>Allowed for adequate exhalation</b>	<b>C</b>		
<b>Candidate completed station within the 5 minute time limit</b>	<b>C</b>		
<b>Note: Candidate must complete all critical criteria and receive at least 8 points to pass this station.</b>	<b>11</b>		

**Total to pass: 8**

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

**Suction**

Points:

Possible  
Awarded

Comments

	Possible	Awarded	Comments
<b>Note: The examiner must advise the candidate to suction the patient's airway</b>			
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		
<b>Candidate demonstrated acceptable suction technique</b>	C		

**NASOPHARYNGEAL AIRWAY**

Points:

Possible  
Awarded

Comments

	Possible	Awarded	Comments
<b>Note: The examiner must advise the candidate to insert a nasopharyngeal airway</b>			
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		
<b>Candidate did not insert any adjunct in a manner dangerous to the patient</b>	C		
<b>Candidate completed the station within the 5 minute time limit</b>	C		
<b>Note: Candidate must complete all critical criteria and receive at least 8 points to pass this station. Total to pass: 8</b>	<b>12</b>		

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
<b>Takes, or verbalizes, body substance isolation precautions</b>	<b>C</b>		
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		
<b>Prefills reservoir</b>	<b>C</b>		
<b>Adjusts liter flow to 12 liters per minute or greater</b>	<b>C</b>		
Applies and adjusts the mask to the patient's face	1		
<b>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.</b>			
Attaches nasal cannula to oxygen	1		
<b>Adjusts liter flow to 6 liters per minute or less</b>	<b>C</b>		
Applies nasal cannula to the patient	1		
<b>Note: The examiner must advise the candidate to discontinue oxygen therapy.</b>			
Removes nasal cannula from the patient	1		
Shuts off the regulator	1		
Relieves the pressure within the regulator	1		
<b>Candidate assembles the tank and regulator without leaks</b>	<b>C</b>		
<b>Candidate completed the station within the 5 minute time limit</b>	<b>C</b>		
<b>Note: Candidate must complete all critical criteria and receive at least 8 points to pass this station.</b>	<b>11</b>		

**Total to pass: 8**

**COMMENTS:**

## **MOUTH-TO-MASK WITH SUPPLEMENTAL OXYGEN**

### **INSTRUCTIONS TO THE CANDIDATE**

This station is designed to test your ability to ventilate a patient with supplemental oxygen using a mouth-to-mask technique. This is an isolated skills test. You may assume that mouth-to-barrier device ventilation is in progress and that the patient has a carotid pulse. The only patient management required is ventilator support using a mouth-to-mask technique with supplemental oxygen. You must ventilate the patient for at least 30 seconds. You will be evaluated on the appropriateness of ventilatory volumes. You may use any equipment available in this room. You have five (5) minutes to complete this station. Do you have any questions?

### **NOTES**



**MOUTH-TO-MASK  
WITH SUPPLEMENTAL  
OXYGEN**

Pass \_\_\_\_\_  
Fail \_\_\_\_\_

*Please Print*

Candidate \_\_\_\_\_  
Examiner \_\_\_\_\_ Initials \_\_\_\_\_  
Date \_\_\_\_\_ Start Time \_\_\_\_\_ Stop Time \_\_\_\_\_

Points:	Possible	Awarded	Comments
<b>Takes, or verbalizes, body substance isolation precautions</b>	<b>C</b>		
Connects one-way valve to mask	1		
Opens patient's airway or confirms patient's airway is open (manually or with adjunct)	1		
Establishes and maintains a proper mask to face seal	1		
Ventilates the patient at the proper volume to achieve visible chest rise and at the appropriate rate (10 – 12 breaths per minute <i>or</i> once every 5 – 6 seconds)	1		
Connects the mask to high concentration of oxygen	1		
<b>Adjusts flow rate to at least 15 liters per minute</b>	<b>C</b>		
Continues ventilation of the patient at the proper volume to achieve visible chest rise and at the appropriate rate (10 – 12 breaths per minute <i>or</i> once every 5 – 6 seconds)	1		
<b>Note: The examiner must witness ventilations for at least 30 seconds</b>			
<b>Candidate provided proper volume per breath (visible chest rise without over or under inflation)</b>	<b>C</b>		
<b>Candidate did not interrupt ventilations for more than 20 seconds at any time</b>	<b>C</b>		
<b>Candidate ventilated patient prior to connection of supplementary oxygen</b>	<b>C</b>		
<b>Candidate allowed for adequate exhalation</b>	<b>C</b>		
<b>Candidate completed the station within the 5 minute time limit</b>	<b>C</b>		
<b>Note: Candidate must complete all critical criteria and receive at least 4 points to pass this station.</b>	<b>6</b>		

**Total to pass: 4**

**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 and equipment available in this room. You have five (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
<b>Takes, or verbalizes, body substance isolation precautions</b>	<b>C</b>		
Applies direct pressure to the wound	1		
Elevates the extremity	1		
<b>Note: The examiner must now inform the candidate that the wound continues to bleed.</b>			
Applies an additional dressing to the wound	1		
<b>Note: The examiner must now inform the candidate that the wound still continues to bleed. The second dressing does not control the bleeding.</b>			
Locates and applies pressure to appropriate arterial pressure point	1		
<b>Note: The examiner must now inform the candidate that the bleeding is controlled.</b>			
Bandages the wound	1		
<b>Candidate controlled hemorrhage appropriately</b>	<b>C</b>		
<b>Note: The examiner must now inform the candidate the patient is now showing signs and symptoms indicative of hypoperfusion.</b>			
Properly positions the patient	1		
<b>Applies high concentration oxygen</b>	<b>C</b>		
Initiates steps to prevent heat loss from the patient	1		
<b>Indicates the need for immediate transportation</b>	<b>C</b>		
<b>Candidate did not apply a tourniquet before attempting other methods of bleeding control.</b>	<b>C</b>		
<b>Candidate completed the station within the 5 minute time limit</b>	<b>C</b>		
<b>Note: Candidate must complete all critical criteria and receive at least 5 points to pass this station.</b>	<b>7</b>		

**Total to pass: 5**

**COMMENTS:**