

# ADULT FIRST AID – SEVERE, LIFE-THREATENING EXTERNAL BLEEDING



Student Name \_\_\_\_\_ Class Date \_\_\_\_\_

You are a trained first aid provider responding to a call received over your workplace two-way radio for a “person hit by gunfire.” The shooter has fled. The scene is safe. You see a person sitting on the floor holding their hand over a bloody wound on their thigh. You have appropriate PPE and a first aid kit with a 10-pack of sterile 4" x 4" gauze sponges, but no hemostatic dressings or a tourniquet. Demonstrate what actions you would take next.

Procedure	Provider Action (Performance Criteria)	Instructor Prompt	Check Off
<b>Performs Assessment</b>	<ul style="list-style-type: none"> <li>▸ Assesses scene safety.</li> <li>▸ Takes standard precautions (at a minimum, puts on disposable gloves).</li> <li>▸ Assesses responsiveness.</li> <li>▸ Activates EMS and/or EAP.</li> <li>▸ After activating, and unless they are readily available, sends someone to get the first aid kit and an AED.</li> </ul>	<p><b><i>“Shooter has fled. The scene is safe.”</i></b></p> <p><b><i>“Person is responsive.”</i></b></p> <p><b><i>“EMS/EAP activated.”</i></b></p> <p><b><i>“Other first aid providers are on the way, bringing an AED and additional first aid kits.”</i></b></p>	<input type="checkbox"/>
<b>Assesses Breathing</b>	<ul style="list-style-type: none"> <li>▸ Assesses breathing for no more than 10 seconds.</li> </ul>	<b><i>“Person is breathing normally.”</i></b>	<input type="checkbox"/>
<b>Obtains Consent</b>	<ul style="list-style-type: none"> <li>▸ Introduces self and asks, “May I help you?”</li> </ul>	<b><i>“Person consents.”</i></b>	<input type="checkbox"/>
<b>Assesses for Life-Threatening Conditions</b>	<ul style="list-style-type: none"> <li>▸ Quickly scans the person for life-threatening conditions.</li> </ul>	<b><i>“The person is visibly shaking and pressing their hand over an obvious thigh wound. Blood is leaking around their hand and dripping onto the floor.”</i></b>	<input type="checkbox"/>
<b>Immediately Provides Appropriate First Aid</b>	<ul style="list-style-type: none"> <li>▸ Exposes the wound.</li> <li>▸ Applies a single stack of 10 4" x 4" gauze pads over wound.</li> <li>▸ Applies direct manual pressure over the wound using the heel of one hand with the other hand stacked on top of the first or the pads of 3 fingers of each of hand stacked on top of each other.</li> </ul>	<b><i>“Blood is flowing continuously from the wound.”</i></b>	<input type="checkbox"/>
<b>Maintains and Increases Pressure</b>	<ul style="list-style-type: none"> <li>▸ Increases direct pressure over the wound.</li> <li>▸ Doesn’t remove pressure to add more gauze and doesn’t remove blood-soaked materials.</li> </ul>	<b><i>[Instructor, after about another 5 seconds] “The bleeding has stopped.”</i></b>	<input type="checkbox"/>
<b>Applies Bandage Over Dressing</b>	<ul style="list-style-type: none"> <li>▸ Wraps an elastic or self-adhesive roller bandage firmly over the gauze to help maintain pressure.</li> </ul>		<input type="checkbox"/>

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Procedure	Provider Action (Performance Criteria)	Instructor Prompt	Check Off
<b>Removes PPE</b>	<ul style="list-style-type: none"> <li>▸ Correctly removes and disposes of gloves.</li> <li>▸ Verbalizes washing hands immediately after removing gloves.</li> </ul>	<i><b>[Instructor] “EMS arrives and takes over. Please demonstrate how to remove your gloves and what actions you would take next.”</b></i>	<input type="checkbox"/>
<b>END PERFORMANCE EVALUATION</b>			

Successfully Completed.     Not Successfully Completed. Remediation Required.

Signature of HSI Authorized Instructor \_\_\_\_\_ HSI Instructor Registry Number: \_\_\_\_\_

performance evaluation five  
**ADULT FIRST AID – SEVERE ALLERGIC REACTION**



Student Name \_\_\_\_\_ Class Date \_\_\_\_\_

You are a trained first aid provider responding to a call for help received over your workplace mobile device for a team member with trouble breathing. As you reach the scene, you see a person sitting at a break table. You have appropriate PPE and a first aid kit. Demonstrate what actions you would take next.

Procedure	Provider Action (Performance Criteria)	Instructor Prompt	Check Off
<b>Performs Assessment</b>	<ul style="list-style-type: none"> <li>▸ Assesses scene safety.</li> <li>▸ Takes (or verbalizes taking) standard precautions.</li> <li>▸ Assesses responsiveness.</li> <li>▸ Activates EMS and/or EAP.</li> <li>▸ After activating, and unless they are readily available, sends someone to get the first aid kit and an AED.</li> </ul>	<p><i>“The scene is safe.”</i></p> <p><i>“Person is responsive.”</i></p> <p><i>“EMS/EAP activated.”</i></p> <p><i>“Other first aid providers are on the way, bringing an AED and an additional first aid kit.”</i></p>	<input type="checkbox"/>
<b>Assesses Breathing</b>	<ul style="list-style-type: none"> <li>▸ Assesses breathing for no more than 10 seconds.</li> </ul>	<i>“Person is responsive and breathing.”</i>	<input type="checkbox"/>
<b>Obtains Consent</b>	<ul style="list-style-type: none"> <li>▸ Introduces self and asks, “May I help you?”</li> </ul>	<i>“Person consents.”</i>	<input type="checkbox"/>
<b>Assesses for Life-Threatening Conditions</b>	<ul style="list-style-type: none"> <li>▸ Quickly scans the person for life-threatening conditions.</li> </ul>	<i>“The person is in obvious distress - trembling, wheezing, and coughing. You see swelling of their lips, eyelids, and face. With difficulty the person says, “Nut allergies...ate...pretzel bite... had peanut... butter... inside.”</i>	<input type="checkbox"/>
<b>Immediately Provides Appropriate First Aid</b>	<ul style="list-style-type: none"> <li>▸ Allows the person to find the most comfortable position in which to breathe.</li> </ul>	<i>“Person wants to sit up.”</i>	<input type="checkbox"/>
<b>Performs a Secondary Assessment</b>	<ul style="list-style-type: none"> <li>▸ Looks for medical identification jewelry.</li> </ul>	<p><i>“Person is wearing a Medical Alert Bracelet on wrist that states, ‘Nut Allergy - Use EpiPen®.’”</i></p> <p><i>[Instructor Note: Hand student epinephrine autoinjector trainer. Say “Here’s their EpiPen®. They forgot how to use it.”</i></p>	<input type="checkbox"/>

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Procedure	Provider Action (Performance Criteria)	Instructor Prompt	Check Off
<b>Correctly Uses Epinephrine Autoinjector Trainer</b>	<ul style="list-style-type: none"> <li>▶ Grasps epinephrine autoinjector trainer in fist with the orange tip pointing downward.</li> <li>▶ Removes blue safety release.</li> <li>▶ Positions trainer near middle of person's outer thigh.</li> <li>▶ Swings and firmly pushes orange tip at a 90-degree angle against thigh until it clicks.</li> <li>▶ Holds device firmly on thigh for 3 seconds.</li> <li>▶ Removes the trainer from the thigh and massages the injection area for 10 seconds.</li> </ul>	<i>[Instructor Note: Use instructions at the left are for the correct use of an EpiPen® epinephrine autoinjector trainer. If using a different manufacturer's training device, students should follow the manufacturer's instructions for use].</i>	<input type="checkbox"/>

**END PERFORMANCE EVALUATION**

Successfully Completed.     Not Successfully Completed. Remediation Required.

Signature of HSI Authorized Instructor \_\_\_\_\_ HSI Instructor Registry Number: \_\_\_\_\_