

# Heartsaver® First Aid Skills Sheet

American Heart Association  
Heartsaver First Aid  
Side 1 of 2

Student Name: \_\_\_\_\_

Test Date: \_\_\_\_\_

Step	Critical Performance Steps	✓ if done correctly
<b>Removing Gloves</b>		
Instructor tells student, <i>“EMS has arrived and takes over. You may now remove your gloves.”</i>		
1	Removes gloves by gripping one glove on the outside near the cuff and peels it off, inside out	
2	Cups the inside-out glove with the gloved hand	
3	Uses 2 fingers of the bare hand near the cuff to peel the second glove off, with the first glove inside it	
4	Verbalizes the need to dispose of gloves properly	
<b>Finding the Problem</b>		
Instructor tells student, <i>“You will demonstrate finding the problem for a person who is sick or injured. The person will act and respond as a person who is actually sick or injured. You find a coworker lying on the floor. You may begin.”</i>		
1	Verbalizes that the scene is safe	
2	Verbalizes putting on gloves	
3	Checks for response—tap and shout <i>If the sick or injured person does not act accordingly, the instructor tells the student, “The person does not move or respond in any way when you tap and shout.”</i>	
4	Tells someone to phone the emergency response number (or 911) and get an AED	
5	Checks for no breathing or only gasping <i>Minimum 5 seconds; maximum 10 seconds</i> <i>If the student indicates that the person is not breathing, the instructor corrects the student by saying, “The person is breathing.”</i>	
6	Looks for obvious signs of injury	
7	Verbalizes checking for medical identification jewelry	

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Side 2 of 2

Student Name: \_\_\_\_\_

Test Date: \_\_\_\_\_

Step	Critical Performance Steps	✓ if done correctly
<b>Using an Epinephrine Pen</b>		
Instructor tells student, <i>“A coworker is having a severe allergic reaction, has an epinephrine pen, and needs help using it. You have completed all previous steps and are now ready to use the epinephrine pen. Show the steps for using the epinephrine pen.”</i>		
1	Holds the epinephrine pen in the fist while not touching either end	
2	Takes off the safety cap	
3	Presses the epinephrine pen firmly against the outer side of the person’s thigh, halfway between the hip and knee, and holds in place for about 10 seconds	
4	Removes the epinephrine pen by pulling the pen straight out from the leg	
<b>Stopping Bleeding and Bandaging</b>		
Instructor tells student, <i>“You will demonstrate stopping bleeding and then bandaging a small cut on this person’s forearm. You have completed all previous steps and are now ready to begin.”</i>		
1	Has the person place pressure over the cut with clean dressings while the student puts on gloves	
2	Verbalizes putting on gloves	
3	Applies pressure to the bleeding area <i>After about 15 seconds, the instructor tells the student, “You can now see blood on the dressing. The bleeding is not stopping.”</i>	
4	Adds more dressings and presses harder to stop the bleeding <i>After about 15 seconds, the instructor tells the student, “The bleeding has stopped.”</i>	
5	Applies a bandage over the dressings	
		<b>STOP THE TEST</b>

Test Summary								
<b>PASS = above steps all done correctly</b> <b>NR = needs remediation</b>  Circle PASS or NR for each age group tested	Removing Gloves		Finding Problem		Epinephrine Pen		Bleeding	
	PASS	NR	PASS	NR	PASS	NR	PASS	NR
Instructor signature affirms that skills tests were done according to AHA Guidelines. Save this sheet with the course records.			Instructor Signature: _____ Print Instructor Name: _____ Date: _____					