



**Emergency First Response (EFR)
Skills Assessment Sheets
V4 June 2017**

Assessment Name: Airway management & ventilation
Level: EFR
Current Version: V4 June 2017



Candidate name:	Assessment date:

Airway management & ventilation		1/0
Trauma jaw thrust		
1	Hand positions	
2	Perform jaw thrust / mouth open	
3	No head movement	
Head tilt / chin lift		
4	Hand positions	
5	Perform head tilt	
6	Perform chin lift	
Oropharyngeal airway		
7	Select appropriate size airway	
8	Measure appropriate size airway	
9	Insert airway	
10	Rotate 180°	
11	Advance airway until flange rests on lips	
Candidate is advised that the patient begins to gag		
12	Remove oropharyngeal airway	
Oral suctioning		
13	Gather and assemble necessary equipment	
14	Test suction device to ensure suction is being provided	
15	Demonstrate correct method for measurement of suction catheter	
16	Advance suction tip into mouth without applying suction	
17	Apply suction on way out	
18	Ventilate with BVM	
19	Ensure chest rise	
Two person bvm use		
20	Gather and assemble necessary equipment	
21	Attach Oxygen source to BVM	
22	Demonstrate effective hand position/application of mask	
23	Direct assistant regarding ventilation rate and depth	
24	Ensure chest rise	
25	Deliver feedback to assistant regarding effectiveness	
Changeover positions		
26	Deliver adequate/effective ventilations	
27	Ensure chest rise	

Assessment Name: Haemorrhage control

Level: EFR

Current Version: V4 June 2017



Candidate name:

Assessment date:

Haemorrhage control

1/0

Candidate is read an appropriate scenario

1	Apply direct pressure to wound	
2	Position patient appropriately	
3	Elevate extremity	
4	Examine wound (Describes wound)	
5	Apply secure sterile dressing and bandage to wound	

Candidate is advised that wound is still bleeding

6	Apply additional dressings	
7	Monitor vital signs (verbalise)	

Candidate is advised that the patient is in shock

8	Call 999/112 or ALS as appropriate (verbalise)	
9	Consider oxygen therapy (verbalise)	
10	Position patient lying down	
11	Elevate legs	
12	Prevent heat loss	

Candidate is advised that the patient deteriorates further

13	Assess that dressing/bandages are controlling haemorrhage	
14	CSMs appropriately assessed during assessment	
15	Good communication with patient throughout	

Assessment Name: Patient assessment – Vital signs

Level: EFR

Current Version: V4 June 2017



Candidate name:

Assessment date:

Patient assessment - Vital signs

1/0

Radial pulse

1	Locate the radial artery with at least two fingers	
2	Count pulsations aloud for at least 15 seconds	
3	Calculate and report rate (+/- 4 beats/min)	
4	Report quality (strength) and rhythm (regular/irregular)	

Carotid pulse

5	Locate the carotid artery with at least two fingers	
6	Count pulsations aloud for at least 15 seconds	
7	Calculate and report rate (+/- 4 beats/min)	
8	Report quality (strength) and rhythm (regular/irregular)	

Respiratory rate

9	Use a recognised technique to identify a respiratory cycle	
10	Count respiratory rate for at least 30 seconds	
11	Calculate and report rate (+/-2 breaths/min)	
12	State quality (normal/shallow/laboured/noisy etc.)	

CSM

13	Palpate a peripheral pulse and count aloud/ or capillary refill (examiner to confirm)	
14	Assess sensory function on a limb	
15	Assess motor function on a limb	

AVPU

16	Assess the AVPU scale on a simulated patient	
17	Correct category assigned	

Pupil assessment

18	Explain procedure to the patient	
19	Determine size of pupil 1	
20	Determine reaction of pupil 1 to light	
21	Determine size of pupil 2	
22	Determine reaction of pupil 2 to light	

Blood pressure by palpation

23	Explain procedure to patient	
24	Place BP cuff around patient's upper arm	
25	Locate and palpate the radial pulse	
26	Inflate the cuff to 30 mmHg beyond where radial pulse is no longer felt	
27	Deflate cuff slowly	
28	Note reading on sphygmomanometer when radial pulse returns	
29	Report the obtained measurement correctly	

Assessment Name: Patient assessment – Trauma
(unresponsive)

Level: EFR

Current Version:

V4 June 2017



Candidate name:

Assessment date:

Patient assessment – Trauma (unresponsive)

1/0

Candidate is read an appropriate scenario

1	Ensure scene safety	
2	Control catastrophic haemorrhage if present (verbalise)	
3	Determine mechanism of injury	
4	Assess responsiveness	
5	Call 112/999 or ALS as appropriate (verbalise)	
6	Apply manual in-line immobilisation	
7	Perform trauma jaw thrust	
8	Instruct assistant to take up head stabilisation	
9	Assess airway (examiner to supply information regarding airway condition)	
10	Consider OPA	
11	Determine presence of adequate ventilation (examiner to supply information)	
12	Observe for major chest injury (treat if found)	
13	Delivers appropriate O ₂ therapy	
14	Check carotid pulse (examiner to confirm)	
15	Checks for life threatening injuries (treat if found)	
16	Assess skin colour and condition (examiner to supply information)	
17	Assess capillary refill	
18	Apply cervical collar correctly	
19	Assess AVPU (verbalise level found)	
20	Perform rapid examination	
21	Remove clothing as needed (verbalise)	
22	Check for medical alert jewellery	
22	Good communication with patient throughout	

Assessment Name: Medication administration

Level: EFR

Current Version: V4 June 2017



Candidate name:

Assessment date:

Medication administration

1/0

The candidate is read a scenario based on current EFR CPGs. The candidate then selects the appropriate medication for the situation from the following supplied medications:

- Oxygen
- Aspirin
- Glucose Gel
- GTN (Assist)
- Salbutamol inhaler (Assist)
- Epinephrine (1: 1 000) Auto injector (Assist)

Scenario 1

1	Correct medication selection	
2	Confirm expiry date	
3	State contraindications	
4	State appropriate dose for clinical situation at hand	
5	Perform appropriate safeguard checks (Right; Patient, Medication, Dose, Time, Route)	
6	State potential adverse side effects (verbalise)	
7	State repeat administration instructions (verbalise)	
8	Record administration on PCR	

Scenario 2

9	Correct medication selection	
10	Confirm expiry date	
11	State contraindications	
12	State appropriate dose for clinical situation at hand	
13	Perform appropriate safeguard checks (Right; Patient, Medication, Dose, Time, Route)	
14	State potential adverse side effects (verbalise)	
15	State repeat administration instructions (verbalise)	
16	Record administration on PCR	

Assessment Name: Patient assessment – Medical/Cardiac
Level: EFR
Current Version: V4 June 2017



Candidate name:	Assessment date:

Patient assessment – Medical/Cardiac		1/0
Candidate is read an appropriate scenario		
1	Assess responsiveness	
2	Establish patent airway	
3	Assess breathing	
4	Oxygen therapy	
5	Assess circulation	
Assess skin		
6	Colour, Temperature, Condition	
Assess level of consciousness		
7	Assess AVPU	
8	Call 999/112 or ALS	
Candidate is advised – primary survey now completed		
Obtains SAMPLE history		
9	Signs & Symptoms	
10	Allergies	
11	Medications	
12	Previous medical history	
13	Last oral intake	
14	Events	
Instruction ‘The patient states they have central chest pain’		
Obtain OPQRST assessment (Examiner to supply details)		
15	Onset	
16	Provocation	
17	Quality	
18	Region/ Referral/ Recurrence/ Relief	
19	Severity	
20	Time	
21	Assess baseline vital signs (verbalise)	
22	Assess contra-indications for Aspirin administration	
23	State correct Aspirin dose	
24	Verbalise Aspirin administration to patient	
25	Check if patient prescribed GTN (Examiner note: Examiner to supply details)	
26	State correct GTN dose	
27	Verbalise assisting patient with self-administration	
28	Monitor vital signs (verbalise)	
29	Good communication with patient throughout	
30	Document administration of medications	

Assessment Name: Limb injury
Level: EFR
Current Version: V4 June 2017



Candidate name:	Assessment date:

Limb Injury

1/0

Scenario to be read to candidate regarding a fractured arm

1	Standard infection control precautions (verbalise)	
2	Expose and examine limb (verbalise)	
3	Dress open wounds (verbalise)	
4	Manually stabilise limb	
5	Inspect limb for painful swollen deformed extremity	
6	Gently examine limb to locate injury site	
7	Assess circulation to limb	
8	Assess sensory function of limb	
9	Assess motor function of limb	
10	Call 999/112	
11	Communicate plan to patient	
12	Apply splint to limb	
13	No excessive movement during treatment	
14	Ensure no movement of limb after splint applied	
15	Assess circulation to limb	
16	Assess sensory function of limb	
17	Assess motor function of limb	
18	Verbalise the need for careful transport	

Assessment Name: Helmet removal / Cervical collar

Level: EFR

Current Version: V4 June 2017



Candidate name:

Assessment date:

Helmet removal / Cervical collar

1/0

**Instruction to Examiner: Intact full face helmet to be used – station requires an assisting EFR.
The primary survey is complete and the candidate is asked to remove the helmet**

1	Perform manual immobilisation of the head and neck	
2	Explain the procedure to the patient	
3	State contra-indications to moving head into neutral alignment (verbalise)	
4	Assess circulation, sensory and motor function	
5	Head brought into neutral alignment	
6	Direct assisting EFR to undo the chinstrap	
7	Direct assisting EFR to take over in-line immobilisation of the head from the side	
8	Reposition hands so the fingers are encircled around the lower edge of the helmet	
9	Advise assisting EFR on hand changes required	
10	Candidate demonstrates good communication with assisting EFR	
11	Remove the helmet in incremental stages	
12	Minimise head movement during procedure	
13	When the helmet is removed retake manual immobilisation	
14	Head brought into neutral alignment	
15	Assess circulation, sensory and motor function	
16	Assisting EFR is directed to fill in dead space between head and ground with suitable material (if applicable)	

Cervical collar application

Instruction to candidate: Assisting EFR takes control of the head

17	Explain procedure to patient	
18	Ensure head is in neutral position (verbalise)	
19	Measure patient for collar size	
20	Transfer patient's key dimensions to collar	
21	Assemble collar	
22	Pre-form collar	
23	Position chin piece	
24	Apply collar	
25	Correct size and fitting	
26	Assess circulation, sensory and motor function (verbalise)	
27	Good communication with patient throughout	

Assessment Name: Cervical collar application /
Securing patient to long board

Level: EFR

Current Version: V4 June 2017



Candidate name:	Assessment date:

Cervical Collar application / Securing patient to long board

1/0

Cervical collar application

Instruction to candidate: Assisting EFR takes control of the head.

1	Assess circulation, sensory and motor function	
2	Explain procedure to patient	
3	Ensure head is in neutral position (verbalise)	
4	Measure patient for collar size	
5	Transfer patient's key dimensions to collar	
6	Assemble collar	
7	Pre-form collar	
8	Position chin piece	
9	Apply collar	
10	Correct size and fitting	
11	Assess circulation, sensory and motor function (verbalise)	
12	Good communication with patient throughout	

Securing patient to a longboard (Patient already on long board)

13	Ensure assistant is maintaining cervical spine control	
14	Secure upper torso to longboard	
15	Secure pelvis to longboard	
16	Secure upper legs to longboard	
17	Apply head pads	
18	Secure head	
19	Assess circulation, sensory and motor function (verbalise)	

During the procedure

20	The patient was secured adequately	
21	Correct sequence used to secure patient	
22	Straps stabilised during fastening (smooth tightening/no jerking of patient)	
23	Head pads applied correctly	
24	Adequate padding applied	
25	Good communication with patient throughout	

Assessment Name: Altered level of consciousness

Level: EFR

Current Version: V4 June 2017



Candidate name:

Assessment date:

Candidate is read an appropriate scenario

1/0

1	Assess level of consciousness (AVPU)	
2	Call 999/112	
3	Assess and maintain airway	
4	Assess breathing (examiner to supply rate)	
5	Consider appropriate oxygen therapy	
6	Assess circulation	
7	Assess skin colour and temperature	
Acute neurological symptoms - Complete FAST assessment		
8	Facial weakness (Assess)	
9	Arm drift (Assess)	
10	Speech problems (Assess)	
11	Time (Assess)	
Obtain SAMPLE history		
12	Signs & Symptoms	
13	Allergies	
14	Medications	
15	Previous medical history	
16	Last oral intake	
17	Events	
15	Check for medical alert jewellery (verbalise)	
16	Place patient in recovery (if appropriate)	
17	Good communication with patient throughout	

Assessment Name: Course administration record

Level: EFR

Current Version: V4 June 2017



Candidate name:	Assessment date:	

Assessment	Acceptable skills performance observed during course	Stations assessed during examination
1. Airway management & ventilation	<input type="radio"/>	<input type="radio"/>
2. Haemorrhage control	<input type="radio"/>	<input type="radio"/>
3. Patient assessment – Vital signs	<input type="radio"/>	<input type="radio"/>
4. Patient assessment (Trauma - unresponsive)	<input type="radio"/>	<input type="radio"/>
5. Medication administration	<input type="radio"/>	<input type="radio"/>
6. Patient assessment – Medical/Cardiac	<input type="radio"/>	<input type="radio"/>
7. Limb injury	<input type="radio"/>	<input type="radio"/>
8. Helmet removal / Cervical collar	<input type="radio"/>	<input type="radio"/>
9. Cervical collar application / Securing	<input type="radio"/>	<input type="radio"/>
10. Altered level of consciousness	<input type="radio"/>	<input type="radio"/>