



# CHAPTER 5

## SKILL GUIDES

### Outdoor Emergency Care: A Patroller's Guide to Medical Care, Sixth Edition

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## Skill Guide 5-1

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

(CPI) = Critical Performance Indicator

Candidate: \_\_\_\_\_

Start Time: \_\_\_\_\_

End Time: \_\_\_\_\_

Time allowed: 10 min.

### Performing the Power Grip

Objective: To demonstrate manual lifting techniques to move patients onto other devices.			
Skill	Max Points	Skill Demo	
Criteria met: Determines the Scene is Safe, Initiates Standard Precautions, Introduces Self & Obtains Permission to treat/help	-	-	
Place your hands, palms up, approximately 10 inches apart.	1		CPI
Reach underneath the object that is being lifted and firmly grasp the object, closing your hands.	1		
If possible, loop your thumb over your index and middle fingers.	1		
Must receive 2 out of 3 points.			

Comments: \_\_\_\_\_

Failure of any of the CPIs is an automatic failure.

Evaluator: \_\_\_\_\_ NSP ID: \_\_\_\_\_

PASS    FAIL

## Skill Guide 5-2

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

(CPI) = Critical Performance Indicator

Candidate: \_\_\_\_\_

Start Time: \_\_\_\_\_

End Time: \_\_\_\_\_

Time allowed: 10 min.

### Performing the Power Lift

Objective: To demonstrate performing the power lift.			
Skill	Max Points	Skill Demo	
Criteria met: Determines the Scene is Safe, Initiates Standard Precautions, Introduces Self & Obtains Permission to treat/help	-	-	
Maintain a wide stance (place feet shoulder-width apart).	1		
Bend knees and squat, keeping back straight and shoulders over the spine.	1		CPI
Firmly grasp the item to be lifted with palms up (power grip).	1		CPI
Keeping back straight and head up, looking forward.	1		
Straighten legs to lift the object.	1		
Must receive 4 out of 5 points.			

Comments: \_\_\_\_\_

Failure of any of the CPIs is an automatic failure.

Evaluator: \_\_\_\_\_ NSP ID: \_\_\_\_\_

PASS      FAIL

## Skill Guide 5-3

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

(CPI) = Critical Performance Indicator

Candidate: \_\_\_\_\_

Start Time: \_\_\_\_\_

End Time: \_\_\_\_\_

Time allowed: 10 min.

### Performing the Extremity Lift

Objective: To demonstrate performing the extremity lift.			
Skill	Max Points	Skill Demo	
Criteria met: Determines the Scene is Safe, Initiates Standard Precautions, Introduces Self & Obtains Permission to treat/help	-	-	
Place patient in a sitting position with the arms crossed the chest.	1		
Rescuer 1 reaches under the armpits, grabbing the patient's wrists.	1		CPI
Instruct second rescuer to hold and support the patient's legs at the knees.	1		
Prepares and position any equipment needed.	1		
When command is given by rescuer 1, lift the patient at the same time.	1		CPI
Once both rescuers are standing, demonstrate how to carry the patient.	1		
Must receive 5 out of 6 points.			

Comments: \_\_\_\_\_

Failure of any of the CPIs is an automatic failure.

Evaluator: \_\_\_\_\_ NSP ID: \_\_\_\_\_

PASS      FAIL

## Skill Guide 5-4

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

(CPI) = Critical Performance Indicator

Candidate: \_\_\_\_\_

Start Time: \_\_\_\_\_

End Time: \_\_\_\_\_

Time allowed: 10 min.

### Performing the Direct Ground Lift

Objective: To demonstrate performing the direct ground lift.			
Skill	Max Points	Skill Demo	
Criteria met: Determines the Scene is Safe, Initiates Standard Precautions, Introduces Self & Obtains Permission to treat/help	-	-	
Rescuers kneel along the same side of the patient (Rescuer at head is lead).	1		
Lead ensures all helping rescuers are positioned properly.	1		
Place arms under the patient. Rescuers roll the patient toward their chest.	1		CPI
Rescuers stand in unison.	1		CPI
Rescuers lower the patient onto the equipment in unison.	1		CPI
Must receive 4 out of 5 points.			

Comments: \_\_\_\_\_

Failure of any of the CPIs is an automatic failure.

Evaluator: \_\_\_\_\_ NSP ID: \_\_\_\_\_

PASS      FAIL

## Skill Guide 5-5

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

(CPI) = Critical Performance Indicator

Candidate: \_\_\_\_\_

Start Time: \_\_\_\_\_

End Time: \_\_\_\_\_

Time allowed: 10 min.

### Performing the BEAN/Bridge Lift

Objective: To demonstrate performing the BEAN/bridge lift.			
Skill	Max Points	Skill Demo	
Criteria met: Determines the Scene is Safe, Initiates Standard Precautions, Introduces Self & Obtains Permission to treat/help	-	-	
Rescuers kneel on either side of the patient.	1		
Rescuers place their arms under the patient.	1		
Rescuer (or bystander) prepares the backboard.	1		
Rescuers raise the patient (about 5 to 6 inches). Rescuer slides backboard under the patient, starting at the patient's feet.	1		CPI
Rescuers lower patient onto backboard.	1		
Must receive 4 out of 5 points.			

Comments: \_\_\_\_\_

Failure of any of the CPIs is an automatic failure.

Evaluator: \_\_\_\_\_ NSP ID: \_\_\_\_\_

PASS      FAIL

## Skill Guide 5-6

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

(CPI) = Critical Performance Indicator

Candidate: \_\_\_\_\_

Start Time: \_\_\_\_\_

End Time: \_\_\_\_\_ Time allowed: 10 min.

### Performing the Draw-Sheet, Plastic Slider, or Flat Transfer Lift

Objective: To demonstrate performing the draw-sheet, plastic slider, or flat transfer lift.			
Skill	Max Points	Skill Demo	
Criteria met: Determines the Scene is Safe, Initiates Standard Precautions, Introduces Self & Obtains Permission to treat/help	-	-	
Using the proper rolling method (if necessary), a sheet, blanket, or plastic device is placed under the patient	1		
Rescuers position themselves on each side of the patient.	1		
Together, the edges of the sheet are rolled-up to the patient's sides.	1		CPI
The patient is lifted to the designated surface.	1		
Must receive 3 out of 4 points.			

Comments: \_\_\_\_\_

Failure of any of the CPIs is an automatic failure.

Evaluator: \_\_\_\_\_ NSP ID: \_\_\_\_\_

PASS      FAIL

## Skill Guide 5-7

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

(CPI) = Critical Performance Indicator

Candidate: \_\_\_\_\_

Start Time: \_\_\_\_\_

End Time: \_\_\_\_\_

Time allowed: 10 min.

### Logrolling a supine patient onto a backboard.

Objective: To demonstrate logrolling a supine patient onto a backboard.			
Skill	Max Points	Skill Demo	
Criteria met: Determines the Scene is Safe, Initiates Standard Precautions, Introduces Self & Obtains Permission to treat/help	-	-	
Rescuers kneel on the side of the patient away from the backboard. An additional rescuer needs to maintain proper head and neck position of the patient:	1		
While maintaining the lead (the rescuer on the head) calls the roll.	1		CPI
The patient is rolled onto the side.	1		
The head and neck are in alignment with the spine.	1		CPI
The patient is then rolled onto the backboard or stretcher, keeping the spine straight.	1		CPI
A long-axis drag is successfully used to reposition the patient.	1		
Must receive 5 out of 6 points.			

Comments: \_\_\_\_\_

Failure of any of the CPIs is an automatic failure.

Evaluator: \_\_\_\_\_ NSP ID: \_\_\_\_\_

PASS      FAIL

## Skill Guide 5-8

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

(CPI) = Critical Performance Indicator

Candidate: \_\_\_\_\_

Start Time: \_\_\_\_\_

End Time: \_\_\_\_\_

Time allowed: 10 min.

### Performing the Human Crutch

Objective: To demonstrate performing the human crutch.			
Skill	Max Points	Skill Demo	
Criteria met: Determines the Scene is Safe, Initiates Standard Precautions, Introduces Self & Obtains Permission to treat/help	-	-	
The rescuer assists the patient to stand on the good leg.	1		
Rescuer instructs patient to place an arm over the rescuer's shoulder on the same side as the injured leg.	1		
The rescuer grasps the patient's wrist with one hand while simultaneously wrapping the opposite hand around the patient's waist, providing support. The rescuer also may hold onto the patient's belt or pants	1		CPI
Must receive 3 out of 4 points.			

Comments: \_\_\_\_\_

Failure of any of the CPIs is an automatic failure.

Evaluator: \_\_\_\_\_ NSP ID: \_\_\_\_\_

PASS      FAIL



## Skill Guide 5-9

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

(CPI) = Critical Performance Indicator

Candidate: \_\_\_\_\_

Start Time: \_\_\_\_\_

End Time: \_\_\_\_\_

Time allowed: 10 min.

### Performing the Two Person Assist

Objective: To demonstrate performing the two-person assist.			
Skill	Max Points	Skill Demo	
Criteria met: Determines the Scene is Safe, Initiates Standard Precautions, Introduces Self & Obtains Permission to treat/help	-	-	
The rescuers assists the patient to stand on the good leg.	1		
Rescuers stand on either side of the patient.	1		
The patient is instructed to place an arm over each rescuer's shoulder.	1		
Rescuers grasp the patient's wrist on either side.	1		
Each rescuer wraps their opposite hand around the patient's waist or hold onto the patient's belt or pants.	1		CPI
Must receive 4 out of 5 points.			

Comments: \_\_\_\_\_

Failure of any of the CPIs is an automatic failure.

Evaluator: \_\_\_\_\_ NSP ID: \_\_\_\_\_

PASS      FAIL

## Skill Guide 5-10

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

(CPI) = Critical Performance Indicator

Candidate: \_\_\_\_\_

Start Time: \_\_\_\_\_

End Time: \_\_\_\_\_

Time allowed: 10 min.

### Performing the Chair Carry

Objective: To demonstrate performing the chair carry. This is best performed when the rescuers are near to the same height.			
Skill	Max Points	Skill Demo	
Criteria met: Determines the Scene is Safe, Initiates Standard Precautions, Introduces Self & Obtains Permission to treat/help	-	-	
Two rescuers stand on either side of the patient, facing each other.	1		
Rescuers squat down next to the patient. (Using good body mechanics.)	1		
The patient is instructed to place arms around each rescuer's shoulder and neck.	1		
Rescuers extend their arm and grasp the extended arm of the others and slowly make a "chair."	1		CPI
The patient is successfully lifted off the ground.	1		
Must receive 4 out of 5 points.			

Comments: \_\_\_\_\_

Failure of any of the CPIs is an automatic failure.

Evaluator: \_\_\_\_\_ NSP ID: \_\_\_\_\_

PASS      FAIL

# Skill Guide 5-11

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

(CPI) = Critical Performance Indicator

Candidate: \_\_\_\_\_

Start Time: \_\_\_\_\_

End Time: \_\_\_\_\_

Time allowed: 10 min.

## Performing the Fore-and-Aft Carry

Objective: To demonstrate performing the Fore-and-Aft Carry.			
Skill	Max Points	Skill Demo	
Criteria met: Determines the Scene is Safe, Initiates Standard Precautions, Introduces Self & Obtains Permission to treat/help	-	-	
Rescuers places the patient (or instructs the patient) into a sitting position.	1		
The taller of the two rescuers places themselves at the head of the patient.	1		
The patient is instructed to place their arms across their chest.	1		
The rescuer at the head reaches under the patient's armpits and grabs their wrists.	1		
The second rescuer (at the feet) kneels between the patient's legs and grasps behind the patient's knees or lower legs.	1		
In unison, both rescuers crouch and stand, lifting the patient in unison. The patient can now be successfully carried (a short distance).	1		CPI
Must receive 5 out of 6 points.			

Comments: \_\_\_\_\_

Failure of any of the CPIs is an automatic failure.

Evaluator: \_\_\_\_\_ NSP ID: \_\_\_\_\_

PASS      FAIL

## Skill Guide 5-12

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

(CPI) = Critical Performance Indicator

Candidate: \_\_\_\_\_

Start Time: \_\_\_\_\_

End Time: \_\_\_\_\_

Time allowed: 10 min.

### Performing the Scoop Stretcher

Objective: To demonstrate performing placing a patient on a Scoop Stretcher.			
Skill	Max Points	Skill Demo	
Criteria met: Determines the Scene is Safe, Initiates Standard Precautions, Introduces Self & Obtains Permission to treat/help	-	-	
Rescuer disconnects and places the two parts beside the patient	1		
Ensures both sides are equal.	1		
Slides both parts beneath the patient, slightly lifting the patient.	1		
Connects the two sides of the stretcher (hearing a "click" at each end)	1		CPI
Secures the patient to the device (using straps). This is not necessary if the patient is moved onto a vacuum mattress.	1		
Must receive 4 out of 5 points.			

Comments: \_\_\_\_\_

Failure of any of the CPIs is an automatic failure.

Evaluator: \_\_\_\_\_ NSP ID: \_\_\_\_\_

PASS      FAIL