



CHAPTER 19

SKILL GUIDE

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

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Skill Guide 19-1

Date: _____

(CPI) = Critical Performance Indicator

Candidate: _____

Start Time: _____

End Time: _____

Controlling Bleeding

Objective: To demonstrate control of bleeding in an open soft-tissue wound.			
Skill	Max Points	Skill Demo	
Criteria met: Determines the Scene is Safe, Initiates Standard Precautions, Introduces Self & Obtains Permission to treat/help	-	-	
Expose the area to see the wound. Open, cut, or remove clothing. Place a sterile dressing over the wound and apply direct pressure. If you find life-threatening bleeding, control this immediately.	1		
If the bleeding does not stop, add other sterile dressings over the first dressing and again apply direct pressure. When applying direct pressure to a wound, always observe standard precautions by wearing appropriate PPE.	1		
Bandage extremity.	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 19-2

Date: _____

(CPI) = Critical Performance Indicator

Candidate: _____

Start Time: _____

End Time: _____

Applying a Tourniquet

Objective: To demonstrate how to apply a tourniquet.			
Skill	Max Points	Skill Demo	
Criteria met: Determines the Scene is Safe, Initiates Standard Precautions, Introduces Self & Obtains Permission to treat/help	-	-	
While preparing the tourniquet, apply direct pressure to a dressing placed over the wound.	1		
Place the tourniquet around the injured extremity several inches above (proximal to) the injury but not over a joint.	1		
Pack large wounds with gauze. Twist the rod to tighten the tourniquet only to the extent needed to control the bleeding.	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 19-3

Date: _____

(CPI) = Critical Performance Indicator

Candidate: _____

Start Time: _____

End Time: _____

Using a Self-Adhering Roller Bandage

Objective: To demonstrate how to stabilize an impaled object.			
Skill	Max Points	Skill Demo	
Criteria met: Determines the Scene is Safe, Initiates Standard Precautions, Introduces Self & Obtains Permission to treat/help	-	-	
Use your hand to hold the dressing in place and secure the roller bandage with several wraps around the wound.	1		
After the dressing and bandage are anchored, continue to wrap the bandage around the wound, overlapping it and keeping it snug.	1		
After covering an area larger than the wound, tie the bandage in place or secure it with tape.	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 19-4

Date: _____

(CPI) = Critical Performance Indicator

Candidate: _____

Start Time: _____

End Time: _____

Using an Occlusive Dressing

Objective: To demonstrate how to use occlusive dressing.			
Skill	Max Points	Skill Demo	
Criteria met: Determines the Scene is Safe, Initiates Standard Precautions, Introduces Self & Obtains Permission to treat/help	-	-	
Cover neck wound with an airtight dressing and apply manual pressure. Do not compress both carotid arteries at the same time as this may impair circulation to the brain.	1		
Stabilize an impaled object with a bulky dressing or several layers of cravats.	1		
When dressing an elbow, secure it with a roller bandage in a figure-eight pattern.	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 19-5

Date: _____

(CPI) = Critical Performance Indicator

Candidate: _____

Start Time: _____

End Time: _____

Using a Triangular Bandage Bandana Wrap

Objective: To demonstrate how to stabilize an impaled object.			
Skill	Max Points	Skill Demo	
Criteria met: Determines the Scene is Safe, Initiates Standard Precautions, Introduces Self & Obtains Permission to treat/help	-	-	
Fold a triangular bandage making a 3" hem. Position over the head with the point hanging down the back of the neck.	1		(CPI)
Draw the ends together and tie at the back of the head.	1		
Lift the point of the triangular bandage, fold it over, and tuck it behind the knot. Smooth the bandage.	1		(CPI)
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 19-6

Date: _____

(CPI) = Critical Performance Indicator

Candidate: _____

Start Time: _____

End Time: _____

Bandaging a Finger

Objective: To demonstrate how to bandage a finger.			
Skill	Max Points	Skill Demo	
Criteria met: Determines the Scene is Safe, Initiates Standard Precautions, Introduces Self & Obtains Permission to treat/help	-	-	
While supporting the injured finger, secure the dressing and begin to wrap the finger with a roller bandage.	1		
Secure the bandage with adhesive tape.	1		
If appropriate, apply a splint to the finger.	1		
Secure the splint to the finger.	1		
Use either a roller bandage or tape to secure the bandage to the hand.	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 19-7

Date: _____

(CPI) = Critical Performance Indicator

Candidate: _____

Start Time: _____

End Time: _____

Treating Closed Soft-Tissue Injuries

Objective: To demonstrate how to treat closed soft-tissue injuries.			
Skill	Max Points	Skill Demo	
Criteria met: Determines the Scene is Safe, Initiates Standard Precautions, Introduces Self & Obtains Permission to treat/help	-	-	
R—Rest: : Cease activity or the use of the affected limb. Inactivity helps to reduce pain.	1		
I—Ice: Apply cold packs or ice for pain control. Use only for short intervals.	1		
S—Splint: Immobilize the injured part using either a commercial splint or one fabricated from available materials. Splinting helps decrease pain.	1		
E—Elevate: Elevate the injured area above heart level to reduce pain.	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 19-8

Date: _____

(CPI) = Critical Performance Indicator

Candidate: _____

Start Time: _____

End Time: _____

Stabilizing an Impaled Object

Objective: To demonstrate how to stabilize an impaled object.			
Skill	Max Points	Skill Demo	
Criteria met: Determines the Scene is Safe, Initiates Standard Precautions, Introduces Self & Obtains Permission to treat/help	-	-	
Manually stabilize the object so that it cannot move and damage surrounding and underlying tissues while you perform the next steps in this procedure.	1		
Remove or cut away all clothing surrounding the impaled object. Control bleeding by direct pressure. Apply a donut dressing around the impaled object. Stabilize the impaled object against the body.	1		
Apply a bulky dressing around the object. If the object is long or unwieldy, it may be necessary to shorten it by cutting off some of the exposed portion. Keep the object from being nudged or moved during transport by stabilizing it with tape or bandages. If available, consider securing a plastic cup, a bowl, or half of a plastic water bottle over the object after it has been stabilized.	1		
Must receive 2 out of 3 points.			

Comments: _____

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Evaluator: _____ NSP ID: _____

PASS FAIL

Skill Guide 19-9

Date: _____

(CPI) = Critical Performance Indicator

Candidate: _____

Start Time: _____

End Time: _____

Caring for Burns

Objective: To demonstrate how to care for burns.			
Skill	Max Points	Skill Demo	
Criteria met: Determines the Scene is Safe, Initiates Standard Precautions, Introduces Self & Obtains Permission to treat/help	-	-	
Burns can happen unexpectedly.	1		
Remove any affected clothing, stop the burning process, and cool the burn.	1		
Apply a sterile gauze dressing to the wound. Wet the dressing only if the wound is less than 5 percent of TBSA.	1		
Bandage the wound to keep the dressing securely in place. Then prepare to assist the patient to find further medical treatment.	1		
Must receive 3 out of 4 points.			

Comments: _____

Failure of any of the CPIs is an automatic failure.

Evaluator: _____ NSP ID: _____

PASS FAIL