



BLS Rules, LLC

Meridian, ID 83642

You find a coworker lying on the floor. There is a phone, first aid kit and AED on wall.

You may begin.

	1	2	3	4	5	6	7	8	9	10
Find the Problem										
Verbalizes the scene is safe	X	X	X	X	X	X	X	X	X	X
Verbalizes putting on gloves	X	X	X	X	X	X	X	X	X	X
Checks for response--tap and shout (<i>patient unresponsive</i>)	X	X	X	X	X	X	X	X	X	X
Tell someone to call 911 and get an AED	X	X	X	X	X	X	X	X	X	X
Assess breathing (<i>min 5 - 10 seconds maximum, looking for visible chest rise</i>)	X	X	X	X	X	X	X	X	X	X
<i>Patient is breathing</i>										
Looks for obvious signs of injury and Verbalizes checking for medical jewelry	X	X	X	X	X	X	X	X	X	X
Verbalizes they will stay with person until EMS arrives.	X	X	X	X	X	X	X	X	X	X
Pass	X	X	X	X	X	X	X	X	X	X
Needs Remediation										

Instructor, "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.**

	1	2	3	4	5	6	7	8	9	10
Stopping Bleeding and Bandaging										
Has person place pressure over wound with clean dressings so as to apply gloves	X	X	X	X	X	X	X	X	X	X
Verbalizes putting on gloves	X	X	X	X	X	X	X	X	X	X
Applies pressure to the bleeding area	X	X	X	X	X	X	X	X	X	X
<i>After 15 seconds, you now see blood on the dressing. Bleeding is not stopping.</i>										
Adds more dressings and presses harder to stop bleeding.	X	X	X	X	X	X	X	X	X	X
<i>After 15 seconds, the bleeding has stopped</i>										
Applies bandage over the dressings	X	X	X	X	X	X	X	X	X	X
Pass	X	X	X	X	X	X	X	X	X	X
Needs Remediation										

I verify that this information is accurate and truthful and that it may be confirmed as being taught in accordance with AHA Guidelines.

Inst. Signature _____

Date: _____



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Instructor, "EMS arrives and takes over. You may now remove your gloves."

	1	2	3	4	5	6	7	8	9	10
Removing Gloves										
Removes 1 glove by gripping one glove on the outside near the cuff and peels it off, inside out.	X	X	X	X	X	X	X	X	X	X
Cups the inside-out glove with the gloved hand	X	X	X	X	X	X	X	X	X	X
Uses 2 finger of the bare hand near the cuff to peel the 2nd glove off, with the first glove inside it.	X	X	X	X	X	X	X	X	X	X
Verbalizes the need to dispose of gloves properly	X	X	X	X	X	X	X	X	X	X
Pass	X	X	X	X	X	X	X	X	X	X
Needs Remediation										

Instructor, "A co-worker is having a severe allergic reaction, has an epi pen, and needs help using it. You have completed all previous steps and are now ready to use the epi pen. Show the steps for using the epi pen.

	1	2	3	4	5	6	7	8	9	10
Using an Epi Pen										
Holds the epi pen in the fist while not touching either end	X	X	X	X	X	X	X	X	X	X
Takes off the safety cap	X	X	X	X	X	X	X	X	X	X
Presses the epi pen firmly against the outer side of the person's thigh, halfway b/w the hip and knee, and holds in place for 10 seconds.	X	X	X	X	X	X	X	X	X	X
Removes the epi pen by pulling the pen straight out from the leg	X	X	X	X	X	X	X	X	X	X
Rubs injection site for 10 seconds	X	X	X	X	X	X	X	X	X	X
Pass	X	X	X	X	X	X	X	X	X	X
Needs Remediation										

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