

ADULT FIRST AID – SEVERE, LIFE-THREATENING EXTERNAL BLEEDING



Student Name _____ Class Date _____

You are a trained first aid provider responding to a call received over your workplace two-way radio for a “person hit by gunfire.” The shooter has fled. The scene is safe. You see a person sitting on the floor holding their hand over a bloody wound on their thigh. You have appropriate PPE and a first aid kit with a 10-pack of sterile 4" x 4" gauze sponges, but no hemostatic dressings or a tourniquet. Demonstrate what actions you would take next.

Procedure	Provider Action (Performance Criteria)	Instructor Prompt	Check Off
Performs Assessment	<ul style="list-style-type: none"> ▸ Assesses scene safety. ▸ Takes standard precautions (at a minimum, puts on disposable gloves). ▸ Assesses responsiveness. ▸ Activates EMS and/or EAP. ▸ After activating, and unless they are readily available, sends someone to get the first aid kit and an AED. 	<p>“Shooter has fled. The scene is safe.”</p> <p>“Person is responsive.”</p> <p>“EMS/EAP activated.”</p> <p>“Other first aid providers are on the way, bringing an AED and additional first aid kits.”</p>	
Assesses Breathing	<ul style="list-style-type: none"> ▸ Assesses breathing for no more than 10 seconds. 	“Person is breathing normally.”	
Obtains Consent	<ul style="list-style-type: none"> ▸ Introduces self and asks, “May I help you?” 	“Person consents.”	
Assesses for Life-Threatening Conditions	<ul style="list-style-type: none"> ▸ Quickly scans the person for life-threatening conditions. 	“The person is visibly shaking and pressing their hand over an obvious thigh wound. Blood is leaking around their hand and dripping onto the floor.”	
Immediately Provides Appropriate First Aid	<ul style="list-style-type: none"> ▸ Exposes the wound. ▸ Applies a single stack of 10 4" x 4" gauze pads over wound. ▸ Applies direct manual pressure over the wound using the heel of one hand with the other hand stacked on top of the first or the pads of 3 fingers of each of hand stacked on top of each other. 	“Blood is flowing continuously from the wound.”	
Maintains and Increases Pressure	<ul style="list-style-type: none"> ▸ Increases direct pressure over the wound. ▸ Doesn’t remove pressure to add more gauze and doesn’t remove blood-soaked materials. 	[Instructor, after about another 5 seconds] “The bleeding has stopped.”	
Applies Bandage Over Dressing	<ul style="list-style-type: none"> ▸ Wraps an elastic or self-adhesive roller bandage firmly over the gauze to help maintain pressure. 		

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Procedure	Provider Action (Performance Criteria)	Instructor Prompt	Check Off
Removes PPE	<ul style="list-style-type: none"> ▸ Correctly removes and disposes of gloves. ▸ Verbalizes washing hands immediately after removing gloves. 	<i>[Instructor] “EMS arrives and takes over. Please demonstrate how to remove your gloves and what actions you would take next.”</i>	

END PERFORMANCE EVALUATION

Successfully Completed. Not Successfully Completed. Remediation Required.

Signature of HSI Authorized Instructor _____ HSI Instructor Registry Number: _____