



Emergency First Response (EFR)
September 2011

Assessment Name: Airway Management & Ventilation

Level: EFR

Current Version: Version 2 (Sep 2011)



Candidate Name:

Assessment Date:

Airway Management & Ventilation

1/0

TRAUMA JAW THRUST

1	Hand position	
2	Perform jaw lift / 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	Flange rests on lips	

Candidate is advised that the patient begins to gag

12	Remove oropharyngeal airway	
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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	
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 ventilations	
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: Version 2 (Sep 2011))



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	
5	Apply secure sterile dressing and bandage to wound	
Candidate is advised that wound is still bleeding		
6	Apply additional dressings	
Candidate is advised that the patient is in shock		
7	Call 999/112 or ALS as appropriate (verbalise)	
8	Apply high concentration Oxygen	
9	Position patient lying down	
10	Elevate legs	
11	Prevent heat loss	
Candidate is advised that the patient deteriorates further		
12	Assess that dressing/bandages are controlling haemorrhage	
13	CSMs appropriately assessed during assessment	
14	Good communication with patient throughout	

Assessment Name: Patient assessment – Physiological & FAST

Level: EFR

Current Version: Version 2 (Sep 2011))



Candidate Name:

Assessment Date:

Physiological & FAST assessment

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	Report quality (strength) and rhythm (regular/irregular)	

Respiratory rate

8	Use a recognised technique to identify a respiratory cycle	
9	Count respiratory rate for at least 30 seconds	
10	State the minute rate appropriately +/-2	
11	State quality (normal/shallow/laboured/noisy etc)	

CSM

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

AVPU

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

FAST assessment

17	Assess F element	
18	Assess A element	
19	Assess S element	
20	Identify T action required	
21	Assessment performed adequately	

Assessment Name: Patient assessment – Trauma
(unresponsive)

Level: EFR

Current Version: Version 2 (Sep 2011))



Candidate Name:

Assessment Date:

Patient assessment – Trauma (unresponsive)

1/0

Candidate is read an appropriate scenario

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

Assessment Name: Medication administration

Level: EFR

Current Version: Version 2 (Sep 2011)



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
- Glucose Gel
- GTN (Assist)
- Salbutamol inhaler (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: Version 2 (Sep 2011))



Candidate Name:	Assessment Date:

Patient assessment - Cardiac 1/0

Candidate is read an appropriate scenario

1	Assess responsiveness	
2	Establish patient airway	
3	Assess breathing	
4	Oxygen therapy	
5	Assess circulation	

Assess skin

6	- Colour	
7	- Temperature	
8	- Condition	
9	Assess AVPU	
10	Call 999/112 or ALS	

Candidate is advised – primary survey now completed

11	Obtain SAMPLE history	
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Instruction 'The patient states they have central chest pain'

12	Obtain OPQRST assessment	
13	Assess baseline vital signs (verbalise)	
14	Assesses contra-indications for Aspirin administration	
15	State correct Aspirin dose	
16	Verbalise Aspirin administration to patient	
17	Check if patient prescribed GTN (Examiner note: Examiner to supply details)	
18	State correct GTN dose	
19	Verbalise assisting patient with self-administration	
20	Monitor vital signs (verbalise)	
21	State re-administration advice (verbalise)	
22	Good communication with patient	
23	Document administration of medications	

Assessment Name: Musculoskeletal injuries

Level: EFR

Current Version: Version 2 (Sep 2011)



Candidate Name:

Assessment Date:

Musculoskeletal Injuries

1/0

Scenario to be read to candidate regarding a fractured arm

1	Take or verbalise body substance isolation, standard precautions	
2	Inspect limb for painful swollen deformed extremity	
3	Verbalise the need to remove or cut clothing from limb	
4	Gently examine limb to locate fracture site	
5	Assess circulation	
6	Assess sensory	
7	Assess movement	
8	Communicate plan to patient	
9	Isolate limb	
10	Apply splint to limb	
11	No excessive movement during treatment	
12	Ensure no movement of limb after splint applied	
13	Assess circulation	
14	Assess sensory	
15	Assess movement	
16	Verbalise the need for careful transport	

Assessment Name: Helmet Removal / Cervical Collar

Level: EFR

Current Version: Version 2 (Sep 2011))



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.

Appropriate patient assessment completed – patient is stable

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	Head brought into neutral alignment	
5	Direct assisting EFR to undo the chinstrap	
6	Direct assisting EFR to take over in-line immobilisation of the head from the side	
7	Reposition hands so the fingers are covered around the lowered edge of the helmet	
8	Advise assisting EFR on hand changes required	
9	Candidate demonstrated good communication with assisting EFR	
10	Remove the helmet in incremental stages	
11	Minimise head movement during procedure	
12	When the helmet is removed retake manual immobilisation	
13	Head brought into neutral alignment	
14	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

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

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

Level: EFR

Current Version: Version 2 (Sep 2011))



Candidate Name:	Assessment Date:

Cervical Collar application / Securing patient to spinal 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	Candidate demonstrated good communication with patient	
Securing patient to a longboard (Patient already on 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	
During the procedure		
19	The patient was secured adequately	
20	Correct sequence used to secure patient	
21	Straps stabilised during fastening (smooth tightening/no jerking of patient)	
22	Head pads applied correctly	
23	Adequate padding applied	
24	Candidate demonstrated good communication with patient	

Assessment Name: Course administration record

Level: EFR

Current Version: Version 2 (Sep 2011))



Candidate Name:	Assessment Date:	

Assessment	Acceptable skills performance observed during course	Stations assessed during examination
1. Airway Management & Ventilation	○	○
2. Haemorrhage control	○	○
3. Patient assessment – Physiological & FAST	○	○
4. Patient assessment (Trauma)	○	○
5. Medication administration	○	○
6. Patient assessment – Medical/Cardiac	○	○
7. Musculoskeletal injuries	○	○
8. Helmet Removal / Cervical Collar	○	○
9. Cervical Collar application / Securing	○	○