



WILDERNESS FIRST RESPONDER

Skill Proficiency Checklist

Evaluate yourself each day on your level of proficiency for each skill in the check box next to each skill.

- + = can demonstrate consistently with little to no errors & coach others
- √+ = can demonstrate consistently with very few errors (*expectation for certification*)
- √ = can demonstrate with some errors
- Δ = cannot demonstrate or demonstrates with several errors

PATIENT ASSESSMENT SYSTEMS/BASIC LIFE SUPPORT	
<i>Scene Size Up</i>	
Recognize/safely manage scene dangers	
Put on appropriate Personal Protection Equipment (PPE)	
Establish # of patients, rescuers, resources	
Determine Mechanism of Injury (MOI)	
<i>Primary Assessment</i>	
Obtains consent	
Rapidly assess & treat immediate threats-to-life	
<i>Basic Life Support (BLS)</i>	
Rapid repositioning of patients w/ critical system problems	
Positive Pressure Ventilations using a pocket mask	
Positive Pressure Ventilations using a Bag Valve Mask (BVM)	
High quality Adult, Child, & Infant CPR (single & 2+ rescuers)	
Automatic External Defibrillator (AED)	
Removal of a foreign body airway obstruction (Adult, Child, Infant)	
Control life threatening bleed using well aimed direct pressure	
Control life threatening bleed using a pressure dressing	
Control life threatening bleed using a tourniquet	
Administration of Naloxone for suspected overdose	
<i>Secondary Assessment</i>	
Detailed Head-to-Toe Exam Physical Exam	
SAMPLE History	
Vitals Signs (Level of Consciousness (LOC)/Mental Status, Pulse, Respirations, Skin)	
<i>Treatment and SOAP Report</i>	
Fill out a SOAP report	
Create an accurate problem list	
Create an accurate anticipated problems list	
Create an appropriate treatment plan	
Relay an appropriate verbal SOAP report	
Appropriately take off PPE	

MUSCULOSKELETAL SYSTEM	
Assess injury & correctly identify stable vs. unstable	
<i>Stable Injuries</i>	
Assess circulation, sensation, & motor (CSM) function before treatment	
Appropriately/effectively treat stable injuries	
Re-assess CSM upon completion of treatment	
<i>Unstable Injuries</i>	
Assess CSM before beginning treatment	
Appropriately/effectively treat unstable long bone & joint injuries:	
Lower Leg, Ankle, Knee	
Shoulder, Upper Arm, Forearm, Wrist	
Application of Pelvic Binder	
Application of Femur Splint	
Re-assess CSM upon completion of treatment	

WILDERNESS PROTOCOLS	
Verifies delayed care context and obtains consent.	
<i>CPR</i>	
Recognize when it is appropriate not to start CPR	
Recognize when it is appropriate to stop CPR	
<i>Allergic Reactions /Asthma</i>	
Recognizes when it is appropriate to administer Epinephrine (allergic reaction)	
Recognizes when it is appropriate to administer Epinephrine (asthma attack)	
Administration of EPI Auto-Injector (dosage, route)	
Administration of EPI via syringe (dosage, route)	
Disposal of used EPI Auto-Injector/Syringe	
Administration of Metered Dose Inhaler (best practice)	
Administration of Diphenhydramine (dosage, route)	
Administration of Prednisone (dosage, route)	
<i>Dislocations</i>	
Assess direct vs indirect mechanism	
Assess CSM before reduction	
Shoulder Reduction: Cunningham Technique	
Shoulder Reduction: External Rotation Technique	
Shoulder Reduction: Baseball Throw Technique	
Patella Reduction	
Digit Reduction	
Stabilize joint post-reduction & re-assess CSMs	
<i>Spine Assessment</i>	
Rolls patients in a spine stable manner (single & 2+ rescuers)	
Evaluates the following guidelines appropriately:	
Patient's Mental Status & Reliability	
Any New Symptoms (column, cord)	
Spine Pain/Tenderness	
Motor/Sensory Exam	
<i>Wounds</i>	
Identify situations in which removal of an impaled object is appropriate	
Wound cleaning/debridement	
Wound dressing	

LIFTS, MOVES, EXTRICATION, PACKAGING	
Reposition patient while protecting the spine	
Roll onto side	
Roll from face down position to face up position	
Recovery Position	
Drag patient while protecting the spine	
Beam patient while protecting the spine	
Package patient in a litter while protecting the spine	
Package patient in a hypothermia wrap	
Creating an improvised litter	
Improvised carry system using webbing, rope, or other materials	

Skill Familiarization Checklist: Assess proficiency in each skill as you become familiar with them. Familiarization = recognize and perform skill with coaching. *Note:* The skills below only require a √ level of proficiency for certification.

ADDITIONAL RESUSCITATION & ASSESSMENT TOOLS	
Positive Pressure Ventilations using an alternative barrier (i.e., face shield, NuMask)	
Use of Airway Adjuncts - Oral Pharyngeal Adjunct (OPA) & Nasopharyngeal Adjunct (NPA)	
Use of Supplemental Oxygen (tank/regulator, BVM, non-rebreather mask, nasal cannula)	
Vital Signs: Blood Pressure	
Vital Signs: Lung Sounds	
Vital Signs: Oxygen Saturation	