skillSTrain
DISTRIBUTION

EMS SKILLS

Action Training Systems' EMS Skills Series contains 9 titles with over 3 hours of skills demonstrations, covering over 160 skills. The skills are intended to be an additional tool that is used as part of an EMS training program. It is a resource that will provide consistent and uniform demonstrations. The skills can be integrated into initial training or be used as an additional resource for continuing education.

Narration over each demonstration highlights the important steps in performing the skill. Instructors can utilize each of these skills with confidence knowing that they have been meticulously reviewed and approved by subject experts and reflect the most current instructional guidelines.

The skills and techniques presented in this product are based on guidelines from the National Registry of Emergency Medical Technicians (NREMT), as well as the National EMS Scope of Practice Model, and the National EMS Education Standards (NEMSES).

These skills should be considered an adjunct to enhance learning and comprehension in the classroom. Instructors should always preview the skills prior to use in class to ensure that they align with their agency, state or provincial protocols*.

**Some skills presented may be outside of a responder's scope of practice. Individual state or provincial offices determine the scope of practice of state-licensed EMS personnel within its jurisdiction. EMS providers should always follow their protocols.*

Course Delivery Formats:
1. DVD
2. Streaming Video

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1. VITAL SIGNS & MONITORING DEVICES TRT 16:56

1. **Assessing Circulation**
    - Radial Pulse Assessment
    - Carotid Pulse Assessment
    - Brachial Pulse Assessment
    - Infant Femoral Pulse Assessment

2. **Assessing Respiration**
    - Breathing Assessment
    - Auscultating Breath Sounds

3. **Assessing Perfusion**
    - Skin Signs Assessment
    - Measuring Temperature
    - Conducting a Capillary Refill Test

4. **Pupil Assessment**

5. **Blood Pressure Monitoring**
    - Auscultation
    - Palpation Method
    - Measuring a Pediatric Blood Pressure
    - Automatic Blood Pressure Monitors

6. **Pulse Oximetry**

7. **Capnography**

8. **Glucometer Use**

2. PATIENT ASSESSMENT TRT 26:09

1. **Assessment Skills**
    - Assessing Level of Consciousness: APVU
    - Alert & Oriented
    - Verbal Stimulus
    - Painful Stimulus Application
        - Trapezius Squeeze
        - Sternal Rub
        - Peripheral Pressure
        - Unresponsive

    - Rapid Trauma Exam: Using DCAP-BTLS

2. **Assessment- Responsive Medical Patient**
    - Initial Assessment
    - History Taking: Using SAMPLE
    - Vital Sign Assessments
    - Secondary Assessment: Using OPQRST
    - Focused Physical Exam

3. **Assessment: Unresponsive Patient**
4. **Trauma Assessment: Minor or Isolated Injury**

5. **Pediatric Assessment & Communication Techniques**

6. **Geriatric Assessment & Communication Techniques**

7. **Obstetrical Emergencies – Childbirth**
    - Mother & Neonate Care
    - Bulb Syringe Use
    - Neonatal Resuscitation Techniques

3. AIRWAY SKILLS TRT 24:38

1. **Opening the Airway**
    - Head Tilt/Chin Lift Maneuver
    - Jaw Thrust Maneuver
    - Modified Jaw Thrust

2. **Airway Adjuncts**
    - OPA
    - Pediatric OPA
    - NPA

3. **Suctioning**
    - Portable Suctioning Device
    - Manual Suctioning Device
    - On-board Suctioning

4. **Oxygen Set Up & Delivery Devices**
    - Oxygen Set Up
    - Administering Oxygen
    - Non-rebreather or Partial-rebreather Mask
    - Nasal Cannula
    - Pocket Mask
    - 2-Rescuer: Use of BVM with NO Suspected Spinal Injury
    - 2-Rescuer: Use of BVM with Suspected Spinal Injury
    - 1-Rescuer Use of BVM
    - CPAP

5. **ALS Assist: Advanced Airway Devices**
    Endotracheal Intubation - Direct Visualization
    Blind Insertion Airway Devices

4. HEMORRHAGE CONTROL & SOFT TISSUE INJURIES TRT 23:21

1. **Shock & Internal Hemorrhage Care**

2. **External Hemorrhage Control**
    Direct Pressure
    Dressing Open Wounds
    Bandaging Techniques
    Pressure Dressings
    Tourniquet Application
    Hemostatic Agent Use
    Epistaxis (Nose Bleeds)

3. **Soft Tissue Injury Care**
    Wounds to the Neck
    Amputations
    Avulsions
    Burn Management
    Burns to the Eyes
    Evisceration
    Chest Wound - Occlusive Dressing Use
    Non-adhesive Occlusive Dressing
    Skull or Brain Injury Management
    Foreign Body in the Eye

4. **Penetrating or Impalement Injury Treatment**
    Gun Shot Wounds
    Impaled Abdomen
    Impaled Eye
    Impaled Cheek
    Impaled Chest

5. SPLINTING TRT 25:15

1. **Assessment & Management**
    Manual Stabilization
    Manual Traction
    Assessing CSM: Upper Extremity
    Assessing CSM: Lower Extremity
    General Splinting Guidelines

2. **Splinting Devices & Application**
    - Formable or Soft Splint Application
    - Sling & Swath Application
    - Vacuum Splint Application

3. **Management of Specific Joint Injuries**
    - Splinting a Joint: Bent Position
    - Arm & Elbow: Straight Position Splinting
    - Wrist, Forearm or Hand Splinting
    - Finger Splinting
    - Knee: Bent Position Splinting
    - Knee or Leg Injury: 2 Splint Method
    - Shoulder Injury Management

4. **Management of Long Bone Injuries**
    - Long Bone Immobilization
    - Bipolar Traction Device Application
    - Unipolar Traction Device Application

5. **Management of Pelvic & Hip Injuries**
    - Soft Splinting: Binding Legs
    - Improvised Pelvic Wrap
    - Commercial Pelvic Wrap

6. LIFTING & MOVING TRT 16:22

1. **Basic Lifting Guideline**s
    - Body Mechanics
    - Power Lift
    - Power Grip
    - Proper Reaching
    - Pushing & Pulling Guidelines

2. **Emergency Moves: Drags, Carries & Assists**
    - Clothing Drag
    - Firefighter Carry
    - Two Rescuer Assist
    - Extremity Lift & Carry
    - Blanket Drag

3. **Urgent Moves**
    - Log Roll
    - Rapid Extrication from Vehicle
    - Rapid Extrication from a CRS

4. **Non-Urgent Moves**
    - Direct Ground Lift
    - Draw Sheet Method
    - Direct Carry
    - Stair Chair Use
    - Recovery Position

7. IMMOBILIZATION TRT 17:04

1. **Manual Cervical Stabilization**

2. **Selective Spinal Immobilization Assessment**

3. **Cervical Collars**
    - Measuring the C-Collar
    - Applying C-Collar: Seated or Upright Patient
    - Applying C-Collar: Supine Patient
4. **Spinal Immobilization**
    - Long Spine Board Use
    - Scoop Stretcher Use
    - Immobilization: Seated Patient

5. **Pediatric Transport & Immobilization Techniques**
    - Child Restraint System Use
    - Stretcher Use
    - Child Restraint System Immobilization
    - Backboard Immobilization

6. **Rapid or Standing Take Down**

7. **Immobilization of an Ambulatory Patient**

8. **Helmet Removal**

8. MEDICATIONS & ROUTES OF DELIVERY TRT 25:48

1. **Six Rights of Medication Administration**

2. **Oral or Sublingual Medication Administration**
    - Aspirin
    - Oral Glucose
    - Activated Charcoal
    - Nitroglycerin

3. **Inhaled Medication Administration**
    Oxygen Therapy
    Use of Non-rebreather Mask
    Metered Dose Inhaler (MDI)
    Small Volume Nebulizer

4. **Intramuscular & Subcutaneous Medication Administration**
    Auto Injector
    Intramuscular Injection
    Subcutaneous Injection

5. **Intranasal Medication Administration**
    Naloxone

6. **ALS Assist: Intravenous Medication Delivery**
    IV Therapy Set up
    Maintaining an IV

9. CARDIAC MANAGEMENT TRT 22:16

1. **Foreign Body Airway Obstruction**
    Abdominal Thrusts: Pediatric or Adult
    Severe Airway Obstruction: Infants
    Finger Sweep: Adult

2. **Adult Cardiopulmonary Resuscitation** (CPR)
    1-Rescuer CPR
    2-Rescuer CPR

3. **Pediatric Cardiopulmonary Resuscitation** (CPR)
    Infant CPR Techniques
    Pediatric CPR Techniques: Ages 1- Puberty

4. **Automated External Defibrillator** (AED)
    Adult AED Use
    Pediatric AED Use

5. **ALS Assist: Applying ECG Electrodes**
    4 -lead Application
    12-lead Application