

# Regional Training Center for Emergency Medical Technicians

## Personal Skills Inventory

Name: \_\_\_\_\_

Practical Skills		Practiced	Mastered	Instructor
Body Substance Isolation (BSI)				
Scene Size-Up				
Initial Assessment	Medical (A.V.P.U.)			
	Trauma (A.V.P.U.)			
<b>C.U.P.S.</b> Status				
Trauma	Rapid Assessment			
	Focused History & Physical Exam			
	Detailed Physical Examination			
Medical Focused History & Physical Exam	Respiratory, Cardiac, Altered Mental Status, Allergic Reaction, Poisoning/Overdose, Environmental Emergency, Obstetrics, Behavioral			
Vital Signs	Pulse: Rate & Quality			
	Respiration: Rate & Quality			
	Blood Pressure	Auscultation		
		Palpation		
	Skin: Color, Temperature & Condition			
<b>S.A.M.P.L.E.</b>				
<b>D.C.A.P.B.T.L.S.</b>				
Ongoing Assessment				
Rescue Breathing / Foreign Body Airway Obstruction (FBAO) / CPR	Adult			
	Child			
	Infant			
Semi Automatic External Defibrillation	Assessment			
	Set Up			
	Transition			

<b>Practical Skills</b>		<b>Practiced</b>	<b>Mastered</b>	<b>Instructor</b>
Suctioning				
Oropharyngeal Airway				
Nasopharyngeal Airway				
O <sub>2</sub> Regulator Assembly				
Delivery Devices	Nasal Cannula			
	Non-Rebreather Mask			
Bag Valve Mask				
Pocket Mask				
Spinal Immobilization	Cervical Collar			
	Long Board			
	Short Board			
	K.E.D.			
Bleeding Control & Shock Management	Direct Pressure / Elevation			
	Pressure Point / Tourniquet			
	Pressure Dressing & Bandage			
Military Antishock Trousers (MAST)	Assessment / Indications			
	Application / Reassessment			
	Contraindications / Special Conditions			
	Pelvic Fracture			
Fracture Management	Long Bone	Upper Extremity		
		Lower Extremity		
	Joint Injury	Upper Extremity		
		Lower Extremity		
Traction Splint	Femur Fracture			