



First Responder (FR) and Emergency Medical Responder (EMR) Progress Log

Note: Those competencies that are for EMR only are denoted by boldface type.
For further details on the National Occupational Competencies for EMRs, please visit www.paramedic.ca.
Check each skill as complete (C) or incomplete (I).

Date: _____ Instructor: _____

Location: _____ Instructor: _____

Participant: _____

Lesson	Skill Competency	C	I	Initial
Chapter 3	Demonstrate the proper techniques for placing and removing personal protective equipment			
	Given a scenario, demonstrate appropriate use of personal protective equipment			
	Demonstrate the proper techniques for disinfecting and cleaning of equipment			
Chapter 5	Demonstrate how to check level of consciousness (LOC)			
	Demonstrate how to manually stabilize the head and neck			
	Demonstrate how to open the airway (head-tilt/chin-lift, modified jaw thrust)			
	Demonstrate how to assess breathing			
	Demonstrate how to assess circulation (radial, carotid, brachial)			
	Demonstrate how to assess for life-threatening injuries or conditions			
	Demonstrate how to use "SAMPLE" to question an ill or injured person			
	Demonstrate how to use "OPQRST" format to investigate pain complaint			
	Demonstrate taking vital signs and recording of these findings (LOC, breathing, pulse, skin, blood pressure, pupils)			
	Demonstrate how to perform a head-to-toe physical exam			
	Demonstrate how to perform ongoing assessment			
Chapters 6, 7	Demonstrate how to size and insert an oropharyngeal airway			
	Demonstrate the technique of suctioning			
	Demonstrate how to ventilate a person using a pocket mask			
	Demonstrate how to ventilate a person using a bag-valve-mask			
	Demonstrate how to prepare the equipment and administer supplemental oxygen to a breathing person			

Lesson	Skill Competency	C	I	Initial
	Demonstrate how to prepare the equipment and administer supplemental oxygen to a non-breathing person			
	Given a scenario, demonstrate approach, assessment, and decision on the use of appropriate techniques and breathing devices given person's signs and symptoms			
	Given a scenario, demonstrate approach, assessment, treatment, and transport for a person experiencing the following respiratory conditions:			
	Chronic Obstructive Pulmonary Disease (COPD)			
	Asthma			
	Anaphylaxis			
	Pneumonia			
	Pulmonary Edema			
	Hyperventilation			
	Pulmonary Embolism			
	Responder communicates information to person regarding care			
Chapter 8	Demonstrate the proper technique for cardiopulmonary resuscitation (CPR) for adult, child, and baby			
	Demonstrate the proper technique for removing a foreign body from a conscious and unconscious adult, child, and baby			
	Demonstrate dynamic CPR			
	Demonstrate two-rescuer CPR on an adult and child			
	Demonstrate two-rescuer CPR on a baby			
	Demonstrate how to use an automated external defibrillator (AED)			
	Given a scenario, demonstrate approach, assessment, treatment, and transport for a person experiencing the following circulatory conditions:			
	Angina			
	Heart Attack			
	Congestive Heart Failure			
	Cardiac Arrest (with and without AED)			
	Stroke			
	Responder communicates information to person regarding care			
Chapter 9	Demonstrate direct pressure and positioning of the person as a method to control external bleeding			
	Demonstrate the use of pressure points as a method to control external bleeding			
	Demonstrate cleaning, dressing, bandaging, and immobilization procedures using prevention of disease transmission precautions			

Lesson	Skill Competency	C	I	Initial	
	Demonstrate the assessment and care of a person presenting with history and signs and symptoms of internal bleeding				
Chapter 10	Demonstrate the assessment and care of a person presenting with history and signs and symptoms of shock				
Chapter 11	Demonstrate the care of open soft tissue injuries				
	Demonstrate the care of an impaled object in an open soft tissue injury				
	Demonstrate the care of a puncture/penetration wound				
	Demonstrate the care of a person with an amputated part				
	Demonstrate the care of a person with a burn				
Chapter 12	Demonstrate care for a person with an upper limb musculoskeletal injury				
	Demonstrate care for a person with a lower limb musculoskeletal injury				
	Demonstrate the use of a traction splint on a lower limb musculoskeletal injury				
	Given a scenario, demonstrate approach, assessment, treatment, <i>and transport</i> for a person experiencing an injury to an upper extremity				
	Given a scenario, demonstrate approach, assessment, treatment, <i>and transport</i> for a person experiencing an injury to a lower extremity				
Chapter 13	Demonstrate the assessment of a person with a head and/or spine injury				
	Demonstrate manual in-line stabilization				
	Demonstrate rolling a person supine to lateral position				
	Demonstrate rolling a person 3/4 prone to supine position				
	Demonstrate rolling a person prone to supine position				
	Demonstrate placing the head and neck in the neutral position				
	Demonstrate the sizing and application of a hard collar				
	Demonstrate the immobilization of a person's body to a spinal immobilization device				
	Demonstrate the immobilization of a person's head to a spinal immobilization device				
	Given a scenario, demonstrate approach, assessment, treatment, <i>and transport</i> for a person experiencing the following head and spine injuries:				
		Concussion			
		Scalp Injury			
		Cheek Injury			
	Nose Injury				
	Eye Injury				
	Ear Injury				
	Mouth and Jaw Injury				
	Responder communicates information to person regarding care				

Lesson	Skill Competency	C	I	Initial
Chapter 14	Given a scenario, demonstrate approach, assessment, treatment, and transport for a person experiencing the following chest, abdominal, and pelvic injuries:			
	Open Chest Injury			
	Closed Chest Injury			
	Open Abdominal Injury			
	Closed Abdominal Injury			
	Pelvic Injury			
	Responder communicates information to person regarding care			
Chapter 15	Demonstrate care for a person who has fainted			
	Demonstrate the ability to approach, assess, treat, and transport a person with the following sudden illnesses:			
	Diabetes			
	Seizures			
	Appendicitis			
	Bowel Obstruction			
	Responder communicates information to person regarding care			
Chapter 16	Demonstrate the ability to approach, assess, treat, and transport a person with the following conditions:			
	Poisoning			
	Drug Overdose			
	Responder communicates information to the person regarding care			
Chapter 17	Demonstrate the ability to approach, assess, treat, and transport a person with the following heat- and cold-related emergencies:			
	Heat Exhaustion			
	Heat Stroke			
	Frostbite			
	Hypothermia			
	Responder communicates information to the person regarding care			
Chapter 18	Demonstrate the ability to approach, assess, treat, and transport a person with a psychiatric crisis			
	Demonstrate the ability to approach, assess, treat, and transport a person with special needs			
	Responder communicates information to the person regarding care			
Chapter 19	Demonstrate the ability to manage an imminent delivery			
	Demonstrate the ability to approach, assess, treat, and transport a person with pregnancy or childbirth complications			

Lesson	Skill Competency	C	I	Initial
	Responder communicates information to the person regarding care			
	Demonstrate the ability to approach, assess, treat, and transport a newborn			
	Responder communicates information to the mother or other caregiver(s) regarding care			
Chapter 20	Demonstrate active listening			
Chapter 21	Demonstrate basic extrication principles			
	Demonstrate techniques to manage hazardous materials incidents			
	Demonstrate transfers of people			
	Demonstrate emergency lifting and moving techniques			
	Demonstrate safe and secure procedures for moving a person			
	Demonstrate safe techniques for lifting			
Chapter 22	Demonstrate the ability to assess a scene, as well as prioritize the treatment and transportation decisions given multiple casualties			
	Responder communicates information to the person regarding care			
Chapter 23	Demonstrate the use of various telecommunication devices			
	Communicate (written and verbal) an organized, accurate, and relevant report			
	Demonstrate a maintenance and safety check			
Mid-term written evaluation (indicate mark)				
Final written evaluation (indicate mark)				
Final scenario	Medical based			
Note: First Responder candidates need only complete one final scenario	Trauma based			

Comments: _____
