

Los Angeles City Park Rangers Skills Competency Demonstration Checklist  
POST First Aid/CPR/AED Refresher Course #21797

FULL STUDENT NAME:

POST ID#: \_\_\_\_\_

DATE: \_\_\_/\_\_\_/\_\_\_

EVALUATOR(S): (*Circle*):

Sean Kleckner / Joseph Fuentes

**Primary Assessment**

- Check for responsiveness
- Check pulse
- Check airway
- Check breathing

**CPR/AED (One- and two-person, deliver high quality CPR, with AED)**

- Adult
- Child
- Infant

**Rescue Breathing (provide effective breaths)**

- Adult
- Child
- Infant

**Clearing an Obstructed Airway**

- Conscious and unconscious adult, child, and infant
- Obese or pregnant

**Bleeding Control**

Demonstrate first aid techniques for controlling bleeding while using PPE:

- Direct pressure
- Pressure bandages
- Tourniquet device, including noting time and location of application
- Hemostatic dressings/wound packing
- Chest seals and dressings

**Bandaging Injuries while using PPE**

Demonstrate first aid techniques in accordance with the following principles:

- Use the cleanest material available
- Expose the injury site
- Cover the entire injury site
- Bandage without impairing circulation
- Leave fingers and toes exposed
- Immobilize injury site as necessary
- Remove gloves correctly
- Wash hands and disinfect equipment after providing treatment

*The above guidelines are provided to assist training managers and instructors who are using the Learning Portal online course plus instructor-led skills demonstration for in-service refresher training and do not have their own skills demonstration checklist. These guidelines are based on the minimum skills to be demonstrated per the LD 34 Training and Testing Specifications.*