



First Aid Response (FAR)
Skills Assessment Sheets
2026 Edition

Assessment Name:	Haemorrhage control	
Level:	FAR	
Current Version:	V3_2026	

Candidate name:	Assessment date:

Haemorrhage control		1/0
Candidate is read an appropriate scenario		
1	Check if the scene is safe	
2	Verbalise basic principles of infection prevention and control	
3	Apply direct pressure to wound	
4	Position patient appropriately	
5	Elevate extremity	
6	Examine wound (Describes wound)	
7	Apply pressure to the wound using sterile dressing and secure using bandage	
Candidate is advised that wound is still bleeding		
8	Apply additional dressings	
9	Monitor vital signs (verbalise)	
Candidate is advised that the patient is in shock		
10	Call 112 or 999 (verbalise)	
11	Position patient lying down	
12	Elevate legs	
13	Prevent heat loss	
Candidate is advised that the patient deteriorates further		
14	Assess that dressing/bandages are controlling haemorrhage	
15	Good communication with patient throughout	

Instructor Signature: _____

Assessment Name:	Patient assessment – Vital signs	
Level:	FAR	
Current Version:	V3_2026	

Candidate name:	Assessment date:

Patient assessment - Vital signs			1/0
Radial pulse			
1	Locate the radial artery with at least two fingers		
2	Count pulsations aloud for at least 30 seconds		
3	Calculate and report rate (+/- 4 beats/min)		
4	Report quality (strength) and rhythm (regular/irregular)		
Respiratory rate			
5	Use a recognised technique to measure breathing rate		
6	Count breathing rate for at least 30 seconds		
7	Calculate and report rate (+/-2 breaths/min)		
8	State quality (normal/shallow/laboured/noisy etc.)		
AVPU			
9	Assess the AVPU scale on a simulated patient		
10	Correct category assigned		

Instructor Signature: _____

Assessment Name:	Patient assessment – Medical/Cardiac	
Level:	FAR	
Current Version:	V3_2026	

Candidate name:	Assessment date:

Patient assessment – Medical/Cardiac		1/0
Candidate is read an appropriate scenario		
1	Check if the scene is safe	
2	Verbalise basic principles of infection prevention and control	
3	Seek consent to treat	
4	Position patient appropriately in a position of comfort – minimal exertion	
5	Assess responsiveness	
6	Establish patent airway	
7	Assess breathing	
8	Assess circulation (include pulse, capillary refill, skin colour and temperature)	
Assess level of consciousness		
9	Assess AVPU	
10	Call 112 or 999	
Candidate is advised – primary survey now completed		
Obtains SAMPLE history		
11	Signs & Symptoms	
12	Allergies	
13	Medications	
14	Pertinent medical history	
15	Last oral intake	
16	Events	
Instruction: 'The patient states they have central chest pain'		
17	Assess baseline vital signs (verbalise)	
18	Assess contra-indications for Aspirin administration (reference PHECC Field Guide)	
19	Check medication expiry date, packaging intact	
20	State correct Aspirin dose	
21	Verbalise oral administration of aspirin to patient	
22	Monitor vital signs (verbalise)	
23	Good communication with patient throughout	
24	Document administration of medication	

Instructor Signature: _____

Assessment Name:	Limb injury	
Level:	FAR	
Current Version:	V3_2026	

Candidate name:	Assessment date:

Limb Injury			1/0
Scenario to be read to candidate regarding a fractured arm			
1	Check if the scene is safe		
2	Verbalise basic principles of infection prevention and control		
3	Place patient in a position of comfort		
4	Expose and examine limb (verbalise)		
5	Dress open wounds (verbalise)		
6	Manually stabilise limb		
7	Inspect limb for painful swollen deformed extremity		
8	Gently examine limb to locate injury site		
9	Call 999/112		
10	Communicate plan to patient		
11	Apply sling to limb		
12	No excessive movement during treatment		
13	Ensure no movement of limb after sling applied		
14	Verbalise the need for careful transport		

Instructor Signature: _____

Assessment Name:	Altered level of consciousness	
Level:	FAR	
Current Version:	V3_2026	

Candidate name:	Assessment date:

Candidate is read an appropriate scenario		1/0
1	Check if the scene is safe	
2	Verbalise basic principles of infection prevention and control	
3	Assess level of consciousness (AVPU)	
4	Call 112 or 999	
5	Assess and maintain airway	
6	Assess breathing (examiner to supply rate)	
7	Assess circulation	
8	Assess skin colour and temperature	
Acute neurological symptoms - Complete FAST assessment		
9	Facial weakness (Assess)	
10	Arm drift (Assess)	
11	Speech problems (Assess)	
12	Time (Assess)	
Obtain SAMPLE history		
13	Signs & Symptoms	
14	Allergies	
15	Medications	
16	Pertinent medical history	
17	Last oral intake	
18	Events	
19	Check for medical alert jewellery / phone check (verbalise)	
20	Place patient in recovery position (if appropriate)	
21	Good communication with patient throughout	

Instructor Signature: _____

Assessment Name:	Course administration record	
Level:	FAR	
Current Version:	V3_2026	

Candidate name:	Assessment date:	

Assessment		Acceptable skills performance observed during course	Stations assessed during examination
1.	Haemorrhage Control	O	O
2.	Patient Assessment – Vital signs	O	O
3.	Patient Assessment – Medical/Cardiac	O	O
4.	Limb Injury	O	O
5.	Altered Level of Consciousness	O	O

Instructor Signature: _____

Assessment Name:	Adult Basic Life Support	
Level:	Cardiac First Response Community	
Current Version:	V1_2026	

Candidate name:	Assessment date:

Adult BLS		1/0
1	Checks if the scene is safe	
2	Checks for responsiveness	
3	Calls 112 or 999 and requests AED (if alone get AED if retrievable within 1 min)	
4	Opens the patient's airway	
5	Checks for breathing (no more than 10 seconds)	
6	Places hands in the correct position on the chest	
7	Gives 30 compressions	
8	Delivers compressions to the correct depth	
9	Delivers compressions at the correct rate	
10	Delivers two rescue breaths	
11	Continues cycles of 30 compressions to 2 rescue breaths until AED arrives	
12	Switches on AED	
13	Clears the patient's chest	
14	Places the left AED pad on the patient's left side of their torso below the armpit	
15	Places the right AED pad on the patient's chest in the correct position	
16	Ensures operator / bystander safety throughout AED use	
17	Delivers the shock when indicated by the AED	
18	Immediately restarts compressions	
19	Continues cycles of 30 compressions to 2 breaths	
20	Minimal interruptions in compressions	

Instructor Signature: _____

Assessment Name:	Adult Choking (FBAO) Conscious	
Level:	Cardiac First Response Community	
Current Version:	V1_2026	

Candidate name:	Assessment date:

Candidate is read an appropriate scenario		1/0
1	Checks if the scene is safe	
2	Verbalises basic principles of infection prevention and control	
3	Seeks consent to treat	
4	Asks 'Are you choking'	
5	Patient confirms they are choking	
6	Calls 112 or 999	
7	Communicates plan to patient	
8	Demonstrates the landmark position to deliver up to 5 back blows on manikin	
9	Demonstrates the landmark position to delivers up to 5 abdominal thrusts (chest thrusts if unable to do abdominal thrusts) on manikin	
10	Continues until object is removed	
Candidate is advised that the object has been removed		
11	Places the patient in a position of comfort	
12	Continues to monitor patient's airway and breathing until handover to ALS	

Instructor Signature: _____

Assessment Name:	Adult Choking (FBAO) Unconscious	Pre-Hospital Emergency Care Council 
Level:	Cardiac First Response Community	
Current Version:	V1_2026	

Candidate name:	Assessment date:

Candidate is read an appropriate scenario		1/0
1	Checks if the scene is safe	
2	Verbalises basic principles of infection prevention and control	
3	Calls 112 or 999 requesting AED	
4	Opens airway and checks mouth for object	
5	If object is visible, removes if safe to do so	
6	If object is not visible, performs chest compressions x 30	
7	Delivers compressions at correct rate, depth, using correct hand placement	
Candidate informed AED has arrived		
8	Switches on AED	
9	Clears the patient's chest	
10	Attaches AED pads in correct position (left and right)	
11	Delivers shock safely – protecting bystanders	
12	Continues CPR and AED use until ALS arrives, checking the patient's mouth for object prior to giving breaths	

Instructor Signature: _____

Assessment Name:	Course administration record	Pre-Hospital Emergency Care Council 
Level:	Cardiac First Response Community	
Current Version:	V1_2026	

Candidate name:	Assessment date:	

Assessment		Acceptable skills performance observed during course	Stations assessed during examination
1.	Adult Basic Life Support		
2.	Adult Choking (FBAO) Conscious		
3.	Adult Choking (FBAO) Unconscious		

Instructor Signature: _____