Pre-Hospital Emergency Care Council

PHECC
First Aid Essentials - Paediatric First Aid

Skills Assessment Sheets and Scenarios 2026

Pre-Hospital Emergency Care Council

FAE – Paediatric First Aid

Skills Assessment Sheets

2026 Edition

Assessment Name:	**Patient assessment – Vital signs**
Level:	**FAE - Paediatric First Aid**
Current Version:	**V1_2026**

Pre-Hospital Emergency Care Council

Candidate name:	Assessment date:

Patient assessment - Vital signs		1/0
	Breathing	
1	Work of Breathing – Is there difficulty breathing?	
	Signs of Circulation	
2	Assess skin colour, temperature (verbalise)	
3	Assess capillary refill	
	AVPU	
4	Assess the AVPU scale on a simulated patient	
5	Correct category assigned	

Instructor Signature: _____

Assessment Name:	**Medical - Asthma**
Level:	**FAE – Paediatric First Aid**
Current Version:	**V1_2026**

Pre-Hospital Emergency Care Council

Candidate name:	Assessment date:

Asthma		**1/0**
	Candidate is read an appropriate scenario	
1	Appearance – Is the child interactive?	
2	Work of Breathing – Is there difficulty breathing? Is there wheezing?	
3	Circulation to Skin – Assess skin colour, Pale, Blue.	
4	Introduction and gain consent	
	Primary Survey	
5	Check if the scene is safe	
6	Verbalise basic principles of infection prevention and control	
7	Check for Response	
8	Open the airway and maintain a clear airway	
9	Assess breathing	
10	Assess circulation	
11	Call 112 or 999	
12	Position patient appropriately	
	Primary Survey Complete	
13	Obtain SAMPLE history	
14	If patient has their own medication – use it – consider use of a spacer	
15	Monitor vital signs	
16	Good communication and Reassurance	

Instructor Signature: _____

Assessment Name:	**Trauma Patient - Bleeding**
Level:	**FAE - Paediatric First Aid**
Current Version:	**V1_2026**

Pre-Hospital Emergency Care Council

Candidate name:	Assessment date:

	Haemorrhage Control	**1/0**
	Candidate is read an appropriate scenario	
1	Appearance – Is the child interactive?	
2	Work of Breathing – Is there difficulty breathing?	
3	Circulation to Skin – Assess skin colour, Pale, Blue.	
4	Check if the scene is safe	
5	Verbalise basic principles of infection prevention and control	
6	Introduction and gain consent	
7	Apply direct pressure to the wound	
8	Elevate the extremity	
9	Examine the wound	
10	Apply sterile dressing to the wound and secure using bandage	
11	Call 112 or 999	
	Candidate is advised that wound is still bleeding	
12	Apply additional dressings	
	Candidate is advised the patient is in shock	
13	Position the patient lying down	
14	Elevate the legs	
15	Prevent heat loss	
16	Ensure the dressings are controlling the bleeding	
17	Good Communication and reassurance	

Instructor Signature: _____

Assessment Name:	**Course administration record**
Level:	**FAE - Paediatric First Aid**
Current Version:	**V1_2026**

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Candidate name:	Assessment date:	

	Assessment	Acceptable skills performance observed during course	Stations assessed during examination
1.	Patient Assessment – Vital Signs	o	o
2.	Medical - Asthma	o	o
3.	Trauma – Haemorrhage Control	o	o

Instructor Signature: _____

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

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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**

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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 (chests 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**
Level:	**Cardiac First Response Community**
Current Version:	**V1_2026**

Pre-Hospital Emergency Care Council

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**
Level:	**Cardiac First Response Community**
Current Version:	**V1_2026**

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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: _____

Document:	First Aid Essentials – Paediatric First Aid Skills Assessment Scenarios	Pre-Hospital Emergency Care Council
Current Version:	2026	

Assessment Name	Trauma Patient Bleeding
Level	FAE-PFA
Current Version	2026
You respond to a 9-year-old child who has cut their arm on a jagged piece of metal. They have a 4 cm laceration to their forearm and there is dark red blood flowing from the wound. Please demonstrate how you would treat this patient.	

Assessment Name	Patient assessment- Vital Signs
Level	FAE-PFA
Current Version	2026
Individual skill demonstration Examiner asks FAE-PFA candidate to correctly demonstrate each of the skills listed in the headings, on a patient. **Note to Examiner:** For ease of this assessment, it may be better to assess the AVPU section first. The examiner can choose either A, V, P or U with their own scenario. Once chosen the same exam must be given to all candidates.	

Assessment Name	Asthma
Level	FAE-PFA
Current Version	V1 2026
You are a first aider at a local primary school. During morning break on the playground, a teacher calls you over to help a 7-year-old student. The student's chest is moving rapidly, with a wheezing.	

Document:	**CFR-C 2026 Skills Assessment scenarios**
Current Version:	**2026**

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Assessment Name	**Adult Basic Life Support**
Level	**CFR-C**
Current Version	**2026**
You are on duty covering a road race, you respond to a call on the track, as you arrive on scene, an official rushes towards you to say that a competitor collapsed about 1 minute ago. Please start your assessment and treatment of this patient.	

Assessment Name	**Adult Choking (FBAO) Conscious**
Level	**CFR-C**
Current Version	**2026**
I am the manager of the coffee shop. This man/woman was eating a sandwich; he/she stood up suddenly and grabbed his/her neck. Can you help him/her please?	

Assessment Name	**Adult Choking (FBAO) Unconscious**
Level	**CFR-C**
Current Version	**2026**
I am the manager of the coffee shop. This man/woman was eating a sandwich; he/she suddenly started coughing, then they collapsed and lost consciousness. Can you help him/her please?	

Pre-Hospital Emergency Care Council

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