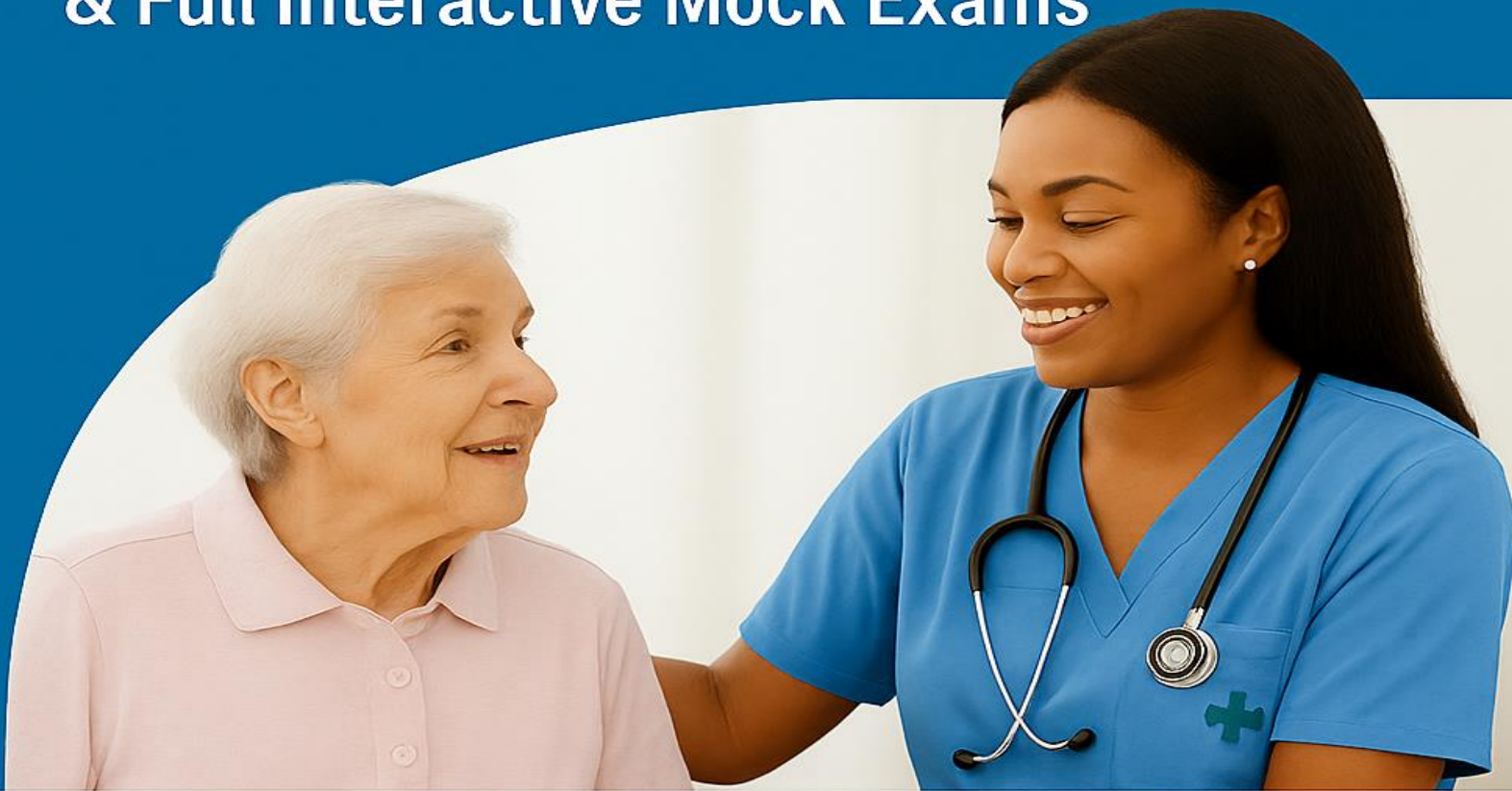


# CNA Skills Test – 2025 Edition MADE EASY

Ace Your CNA Exam on the First Try –  
Step-by-Step Procedures, Critical Points  
& Full Interactive Mock Exams



**Includes Video Links for Each Skill**

**By Eng. Claudette D.**

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Prepared by Eng. Claudette

**2025 Edition**

Complete Skills Steps, Critical Points & Interactive Mock Exams

# CNA Skills Test eBook

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# 1. Section A: Introduction:

## Understanding Your CNA Skills Test

### 1.1 Overview

The **CNA Skills Test** is the practical, hands-on portion of your certification exam. It evaluates your ability to safely and accurately perform the daily care tasks that nursing assistants carry out in real healthcare settings. Each candidate demonstrates **five randomly assigned skills** (one will always include *handwashing*), while being observed by a state-approved nurse evaluator.

Your performance is measured using a **skills checklist**, which outlines the correct order and precision of each step. You must demonstrate both **technical accuracy** and **professional demeanor**, including communication, infection control, and resident safety.

### 1.2 Purpose of the Skills Test

The goal of this test is to ensure you can:

- Deliver **safe, effective, and compassionate care**.
- Protect residents' **privacy, safety, and dignity**.
- Follow **infection control and standard precautions**.
- Use **proper body mechanics** and safety procedures.
- Communicate clearly with residents and staff.
- Perform each task using **correct sequence and technique**.

Passing proves you can handle real-world clinical duties under supervision.

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### 1.3 Format of the Skills Test

- **Time Limit:** Usually **25–35 minutes** depending on the state.
- **Skills Assigned:** 5 skills (1 handwashing + 4 random).
- **Evaluator:** Registered Nurse (RN) certified by the testing agency.
- **Environment:** Simulated resident room with manikins, linens, and supplies.
- **Observation:** Every action is scored according to a checklist.
- **Passing Score:** Generally, 80–85% overall *and* all **critical steps** must be performed correctly.

Missing a **critical step** (such as failing hand hygiene or compromising resident safety) results in automatic failure, even if other steps are correct.

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## 1.4 What to Bring on Exam Day

- **Two forms of valid ID** (photo + signature)
- **Test confirmation letter or email**
- **Watch with second hand** (for pulse/respiration skills)
- **Non-slip closed-toe shoes**
- **Scrubs or uniform attire** (neat and professional)
- **Hair tied back, nails trimmed, no jewelry except wedding band**

Optional but recommended:

- Light snack or water bottle for breaks
  - Confidence and a smile
- 

## 1.5 How Skills Are Scored

Each skill is graded step-by-step. Evaluators look for:

1. **Accuracy** – performing each action in proper order.
2. **Safety** – ensuring the resident is secure and comfortable.
3. **Infection Control** – correct glove use, handwashing, PPE.
4. **Communication** – clear explanations, empathy, and privacy.
5. **Completion** – proper clean-up and documentation.

Each task has **critical steps** marked in bold on the checklist; missing even one can cause failure.

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## 1.6 How to Prepare

- **Study one skill daily** using the step-by-step procedures (Section C).
  - **Watch demonstration videos** linked in each skill.
  - **Practice in sequence** — beginning steps → task → ending steps.
  - **Use a mirror or record yourself** to improve posture and clarity.
  - **Simulate test pressure:** time yourself with a friend or instructor.
  - **Visualize success** — confidence counts as much as technique.
- 

## 1.7 Test-Day Mindset.

- Narrate what you're doing (evaluators can't score what they can't hear).
- If you forget a step, calmly go back and complete it before ending.

- Always **maintain dignity and privacy** for your resident.
  - Think: **Safety** → **Infection Control** → **Communication** in every skill.
-



## 2. Section B: CNA Skills Quick Reference (2025 Edition)

### 2.1 Skill 1: Hand Washing

**Purpose:** To remove microorganisms and prevent infection before and after every resident care procedure.

**Steps:**

1. Turn on warm water and wet hands and wrists completely.
2. Apply soap and rub palms, backs of hands, between fingers, nails, and wrists for **at least 20 seconds**.
3. Interlace fingers and clean under nails by rubbing fingertips in the opposite palm.
4. Rinse thoroughly with **hands pointing downward** so water runs off the fingertips.
5. Dry hands completely using a clean paper towel.
6. Use a **new towel to turn off the faucet** and throw it away without touching the sink.

**Critical Points:** Must lather  $\geq 20$  seconds, rinse hands down, and use clean towel to turn off faucet (no re-contamination).

 **Video:** [Proper Handwashing Technique | CNA Skills for Prometric Exam 2025](#)

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### 2.2 Skill 2: Indirect Care (Beginning & Ending Steps)

**Purpose:** To ensure privacy, dignity, communication, and safety before, during, and after all procedures.

**Steps:**

1. Knock, greet the resident by name, and **introduce yourself with title**.
2. Explain clearly what care you're about to provide and get permission.
3. Wash or sanitize hands before touching anything.
4. **Provide privacy** by closing the curtain, door, or blinds.
5. Check the environment for safety: **lock bed wheels**, move items from the floor, adjust lighting.
6. Perform the assigned care skill.
7. When finished, ensure the resident is comfortable: **bed low and locked, call light in reach, curtain open, area tidy**.
8. Wash hands again and document the care performed.

**Critical Points:** Always **introduce and explain**, **provide privacy**, and **ensure safety with call light in reach** before leaving.

 **Video:** <https://www.youtube.com/watch?v=EdTgMEy3wGE>

---

## 2.3 Skill 3: Mouth Care (for Resident with Teeth)

**Purpose:** To maintain oral cleanliness, comfort, and health while preventing infection and choking.

**Steps:**

1. **Raise the head of bed** or sit resident upright (75–90°) to prevent aspiration.
2. Put on gloves and place a towel across the resident's chest to keep clothing dry.
3. Moisten toothbrush, apply toothpaste, and gently **brush all tooth surfaces and tongue** using circular motions.
4. Offer small sips of water to rinse; hold the basin for spitting.
5. Wipe the resident's mouth and remove the towel carefully.
6. Empty, rinse, and store the basin and toothbrush; discard disposable items.
7. Remove gloves, wash hands, and record completion of care.

**Critical Points:** Keep resident upright, brush all surfaces and tongue, and maintain airway safety throughout.

 **Video:** <https://www.youtube.com/watch?v=GdiMrKQBW7Q>

## 2.4 Skill 4: Mouth Care for Unconscious Resident

**Purpose:** To keep the mouth clean and moist while preventing choking or aspiration in an unconscious resident.

**Steps:**

1. Perform beginning steps (introduce, explain, wash hands, provide privacy).
2. Raise the head of bed slightly and **turn resident's head to one side** to protect airway.
3. Put on gloves and place a towel under the resident's cheek or chin.
4. Prepare mouth swabs moistened with water or diluted mouthwash (not soaking wet).
5. Gently clean mouth, teeth, gums, tongue, and lips using **a new swab for each area**.
6. Dry mouth and apply lip balm if available.
7. Remove towel, discard swabs, clean basin, remove gloves, and wash hands.

**Critical Points:** Keep head turned to the side at all times and use moist (not dripping) swabs to avoid aspiration.

 **Video:** <https://www.youtube.com/watch?v=la2hQMIYao4>

---


## 2.5 Skill 5: Partial Bed Bath (Face, Arm, Underarm & Hand)

**Purpose:** To refresh and clean the resident while maintaining comfort and dignity.

**Steps:**

1. Perform beginning steps and raise bed to working height.
2. Fill basin with warm water (105°F – 110°F) and ask resident to check temperature.
3. Put on gloves and place a towel under the body part being washed.
4. Wash face with no soap; rinse and pat dry.
5. Wash one arm, underarm, and hand using soap; rinse and pat dry without spilling water.
6. Help resident into a clean gown, empty and rinse basin, discard water, remove gloves, and wash hands.

**Critical Points:** Maintain privacy, test water temp with resident, and support arm while washing (avoid splashing or leaving resident wet).

 **Video:** [How to Provide a Partial Bed Bath and Backrub | CNA Skills for Prometric Exam](#)

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## 2.6 Skill 6: Perineal Care (Female or Male Resident)

**Purpose:** To prevent infection and promote comfort by cleaning the genital area properly.

**Steps:**

1. Perform beginning steps; raise bed and put on gloves.
2. Place a waterproof pad under the resident's hips and cover them with a bath blanket.
3. Wet washcloth with warm soapy water; for females wash **front to back** using a clean section each time.
4. Rinse and dry the area front to back; repeat for buttocks and anal area (after turning resident on side).
5. Remove pad, cover resident, discard linen, empty and rinse basin, remove gloves, and wash hands.

**Critical Points:** Always wash, rinse, and dry **front to back** with clean areas each stroke to avoid infection.

 **Video:** <https://www.youtube.com/watch?v=Kq76nK4uJ8s>

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## 2.7 Skill 7: Dressing Resident with Weak Arm

**Purpose:** To assist dressing safely while promoting independence and maintaining dignity.

**Steps:**

1. Perform beginning steps and keep resident covered with a blanket.
2. Remove gown from the **strong arm first**, then the weak arm.
3. Dress the **weak arm first**, then the strong arm.
4. Pull garment over shoulders gently and adjust for comfort and neatness.
5. Ensure clothing is not twisted and resident is covered properly.
6. Perform ending steps (call light, bed low, wash hands).

**Critical Points:** Undress strong arm first / dress weak arm first to prevent pain or injury.

 **Video:** [https://www.youtube.com/watch?v=\\_84ChB3cGpo](https://www.youtube.com/watch?v=_84ChB3cGpo)

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## 2.8 Skill 8: Changing Linen while Resident is in Bed (Occupied Bed)

**Purpose:** To change linens while keeping resident safe, warm, and comfortable.

**Steps:**

1. Perform beginning steps and raise bed to comfortable height.
2. Loosen dirty linen on one side and roll it inward under resident's back.
3. Place clean bottom sheet on the same side and roll edges under dirty linen.
4. Help resident roll to clean side, remove dirty linen, and pull clean sheet through.
5. Straighten wrinkles and ensure sheet is tight and dry; apply top sheet and blanket.
6. Tuck linens neatly and make sure resident is comfortable and covered.

**Critical Points:** Keep one side rail up, never place dirty linen on floor, and avoid shaking linen to reduce germs.

 **Video:** <https://www.youtube.com/watch?v=OtZWt0-oPHk>

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## 2.9 Skill 9: Ambulate Resident Using Gait Belt

**Purpose:** To assist a resident to stand and walk safely and prevent falls.

**Steps:**

1. Perform beginning steps and lock bed or wheelchair brakes.
2. Help resident to sit at bedside with feet flat on floor.
3. Apply gait belt snugly around waist (over clothing).
4. Stand in front of resident, hold belt from underneath, and count to three to stand together.
5. Walk slightly behind and to the side, holding the belt for support.
6. After walking, assist resident to chair/bed and remove belt safely.

**Critical Points:** Lock brakes, use belt snugly (over clothing), and support resident securely during ambulation.

 **Video:** <https://www.youtube.com/watch?v=q06JnuYhB2Y>

---

## 2.10 Skill 10: Transfer Resident from Bed to Wheelchair Using Gait Belt

**Purpose:** To move resident safely while maintaining dignity and preventing injury.

**Steps:**

1. Position wheelchair next to bed and **lock both bed and wheelchair brakes**.
2. Move footrests aside and assist resident to sit on bedside with feet flat on floor.
3. Apply gait belt over clothing and tighten snugly.
4. Place your feet between resident's feet and count to three to help them stand.
5. Pivot slowly until resident's legs touch the wheelchair and **sit them down gently**.
6. Remove gait belt and adjust footrests and comfort.

**Critical Points:** Lock bed and wheelchair, feet flat on floor before standing, and control movement securely during pivot.

 **Video:** <https://www.youtube.com/watch?v=zdDsymbLYXdM>

## 2.11 Skill 11: Position Resident on Side (Lateral Position)

**Purpose:** To maintain comfort and body alignment while preventing pressure sores.

**Steps:**

1. Perform beginning steps; raise bed to working height.
2. Lower head of bed and stand on resident's far side.
3. Roll resident gently toward you onto their side.
4. Place pillows under head, back, upper arm, and **between knees** for support.
5. Make sure shoulders and hips are aligned and resident is not lying on arm.
6. Adjust top sheet for warmth and comfort.

**Critical Points:** Maintain **proper alignment** and use **pillows between knees/back** for support.

 **Video:** <https://www.youtube.com/watch?v=M6z3dhY7n4U>

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## 2.12 Skill 12: Range of Motion (ROM) Exercises

**Purpose:** To maintain joint flexibility and prevent stiffness or contractures.

**Steps:**

1. Perform beginning steps and explain that you'll move joints slowly.
2. Expose only the area being exercised and support limb **at both joints**.
3. Move joint smoothly through flexion, extension, and rotation as appropriate.
4. **Ask about pain each time** and stop if pain occurs.
5. Repeat each motion 3 times, move slowly, never force.

6. Cover resident afterward and perform ending steps.

**Critical Points:** Support joints, move slowly, and stop immediately if pain is reported.

 **Video:** <https://www.youtube.com/watch?v=67HbfxgMxQg>

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## 2.13 Skill 13: Measure Pulse

**Purpose:** To determine heart rate and circulation accuracy.

**Steps:**

1. Perform beginning steps and locate pulse on wrist (radial artery, thumb side).
2. Place fingertips (not thumb) on pulse point.
3. **Count beats for 60 seconds.**
4. Record pulse rate on sheet immediately.
5. Wash hands after procedure.

**Critical Points:** Count for full **60 seconds** and record within  $\pm 4$  beats of evaluator's reading.

 **Video:** <https://www.youtube.com/watch?v=D529nViX1hM>

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## 2.14 Skill 14: Measure Respirations

**Purpose:** To measure breathing rate without alerting the resident.

**Steps:**

1. Keep fingers on wrist as if taking pulse so resident stays relaxed.
2. Watch chest rise and fall; **count respirations for 60 seconds.**
3. Record number immediately.
4. Wash hands.

**Critical Points:** Count discreetly for **60 seconds** and record within  $\pm 2$  breaths.

 **Video:** <https://www.youtube.com/watch?v=SUdSDii8kz8>

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## 2.15 Skill 15: Measure Weight of Ambulatory Resident

**Purpose:** To obtain accurate weight for monitoring health changes.

**Steps:**

1. Perform beginning steps; assist resident to stand with shoes on or off as directed.
2. Ensure scale reads **“0” before use**.
3. Help resident onto scale and balance weight.
4. Record reading to nearest pound or kilogram.
5. Help resident off safely and wash hands.

**Critical Points:** Scale must be **zeroed before use** and weight recorded within  $\pm 2$  lbs (1 kg).

 **Video:** <https://www.youtube.com/watch?v=L0kT8bxXJq0>

## 2.16 Skill 16: Emptying Urinary Drainage Bag (Catheter Care Measurement)

**Purpose:** To safely empty urine from a catheter drainage bag, maintain infection control, and measure output accurately.

**Steps:**

1. Perform **beginning steps** (introduce, explain, wash hands, provide privacy).
2. **Put on gloves** and place a **barrier paper towel** on the floor under the drainage spout.
3. Position a **graduate container** on top of the paper towel.
4. **Open the clamp** on the drainage bag without touching the inside of the spout.
5. Let urine flow into the graduate without splashing or letting tubing touch the container.
6. Close the clamp and **wipe the end of the spout with an alcohol pad or tissue**.
7. Replace spout securely into holder on the bag.
8. Place the graduate on a **flat surface at eye level** and measure amount in **milliliters (mL)**.
9. Empty urine into toilet, rinse graduate, pour rinse water into toilet, and store graduate.
10. Discard paper towel, remove gloves, **wash hands**, and record amount.

**Critical Points:** Keep drainage tube **below bladder**, avoid **contaminating spout**, and **measure accurately at eye level**.

 **Video:** [https://www.youtube.com/watch?v=WbVW\\_R7XIBY](https://www.youtube.com/watch?v=WbVW_R7XIBY)

## 2.17 Skill 17: Catheter Care (Female or Male Resident)

**Purpose:** To prevent infection and maintain cleanliness by safely washing around the urinary catheter without tugging or contaminating the tubing.

**Steps:**

1. Perform **beginning steps**: knock, introduce yourself, explain procedure, provide privacy, wash hands, and put on gloves.
2. Fill basin with **warm water (105°F–110°F)** and ask the resident to check the temperature.
3. Place a **waterproof pad** under the resident's buttocks and cover them with a bath blanket to maintain privacy.
4. Expose only the area around the catheter while keeping the rest of the body covered.
5. Wet a washcloth with soapy water and **hold the catheter near the meatus (where it exits the body)** to prevent pulling.
6. **Clean at least 4 inches of catheter tubing away from the body**, using a clean area of the washcloth with each stroke.
7. Rinse the same 4 inches of tubing in the same direction (from meatus downward) using a clean area of a rinse cloth.
8. **Dry gently** with a clean towel, avoiding any tugging or pressure.
9. Make sure catheter tubing is **not kinked or lying under the resident's leg**, and is **secured properly to the thigh or sheet**.
10. Remove pad, discard dirty linen and water, clean and store basin, remove gloves, and wash hands.

**Critical Points:**

- Always **clean, rinse, and dry away from the meatus (front to back)** using clean cloth areas each time.
- Never pull, twist, or let tubing touch linens or bed.
- Maintain **privacy** and **infection control** at all times.

 **Video:** [https://www.youtube.com/watch?v=7V0mg\\_DATWU](https://www.youtube.com/watch?v=7V0mg_DATWU)

## 2.18 Skill 18: Measure and Record Urinary Output

**Purpose:** To track kidney function and fluid balance accurately.

**Steps:**

1. Put on gloves and carefully pour urine from bedpan or bag into graduate.
2. Place graduate on flat surface and read amount at **eye level**.
3. Empty contents into toilet without splashing.
4. Rinse and store graduate, remove gloves, wash hands.
5. Record amount in milliliters (mL).



**Critical Points:** Measure **at eye level**, record within  $\pm 25$  mL, and avoid contamination.

 **Video:** [https://www.youtube.com/watch?v=7V0mg\\_DATWU](https://www.youtube.com/watch?v=7V0mg_DATWU)

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## 2.19 Skill 19: Assist with Bedpan

**Purpose:** To help resident eliminate waste while maintaining privacy and cleanliness.

**Steps:**

1. Perform beginning steps and raise bed.
2. Put on gloves, position bedpan correctly under resident.
3. Raise head of bed for comfort and provide toilet tissue and call light.
4. Step away for privacy; return when finished.
5. Lower bed, remove bedpan carefully, empty and rinse, remove gloves, wash hands.

**Critical Points:** Raise head of bed, ensure privacy, and wash hands after removal.

 **Video:** <https://www.youtube.com/watch?v=PA9GtHK9zO4>

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## 2.20 Skill 20: Feed Resident Sitting in Chair

**Purpose:** To assist safe feeding while preventing choking and promoting dignity.

**Steps:**

1. Verify resident identity and diet card.
2. **Sit resident upright (75–90°)**; place clothing protector if needed.
3. Offer hand hygiene before and after meal.
4. Sit facing resident; offer small bites and sips; talk pleasantly.
5. Record intake and clean area.

**Critical Points:** Resident must remain **upright (75–90°)** and **food must match diet card**.

 **Video:** <https://www.youtube.com/watch?v=iFre9WJx3Fw>

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## 2.21 Skill 21: Measure and Record Intake (Fluids)

**Purpose:** To maintain accurate record of fluid balance.

**Steps:**

1. Note all fluids consumed (water, juice, soup, etc.).
2. Convert ounces to milliliters (1 oz = 30 mL).
3. Add total mL and record on intake form.
4. Report abnormal findings.

**Critical Points:** Use correct conversion (1 oz = 30 mL) and record totals accurately.

 **Video:** [https://www.youtube.com/watch?v=Ti7Ke\\_tJQTs](https://www.youtube.com/watch?v=Ti7Ke_tJQTs)

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## 2.22 Skill 22: Apply Elastic Stocking (TED Hose)

**Purpose:** To improve circulation and prevent blood clots.

**Steps:**

1. Perform beginning steps; have resident in supine position.
2. Turn stocking inside out to heel area.
3. Slide stocking over toes, foot, and heel, then up leg evenly.
4. Smooth wrinkles; ensure heel and toe are in correct position.
5. Check circulation and comfort.

**Critical Points:** Stocking must be **smooth (no wrinkles)** and **heel/toe properly aligned**.

 **Video:** [https://www.youtube.com/watch?v=7jFB\\_Ncb0YQ](https://www.youtube.com/watch?v=7jFB_Ncb0YQ)

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## 2.23 Skill 23: Donning and Removing Gown & Gloves (PPE)

**Purpose:** To prevent cross-contamination during care procedures.

**Steps:**

1. Pick up gown and unfold without shaking.
2. Put arms through sleeves, tie neck and waist securely.
3. Put on gloves over gown cuffs.
4. To remove, **grasp one glove at palm, pull off inside out**, repeat on other.
5. Unfasten gown ties, pull away from neck/shoulders turning inside out.
6. Discard properly and wash hands.

**Critical Points:** **Remove gloves before untie neck**, avoid touching contaminated surfaces.

 **Video:** [https://www.youtube.com/watch?v=kU\\_E2u6B38Q](https://www.youtube.com/watch?v=kU_E2u6B38Q)

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## 3. SECTION C: Interactive Mock Skills Exam

### 3.1 CNA Skills Exam Practice Simulator — 2025 Edition

Click this link to Start the Mock Exam Online:

[https://www.examprepempire.com/cna/mock/cna\\_mock\\_all\\_in\\_one\\_v4.html](https://www.examprepempire.com/cna/mock/cna_mock_all_in_one_v4.html)

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#### 3.1.1 How to Use This Interactive Mock

1. Click the link above — the simulator opens on ExamPrepEmpire.com.
2. The simulator loads 5 random CNA skills with randomized steps.
3. Click each step in the order you would perform it.
4. Click Submit to view: Overall Score %, PASS/FAIL, Critical Step Check, Your Order vs Correct Order (per skill).
5. Click Reshuffle to load a fresh set of five skills.
6. Click Reset to clear the timer and selections before restarting.

#### 3.1.2 Key Notes

Passing Rule: All critical steps must be correct and overall score  $\geq 80\%$ .

Timer: 35 minutes (total simulation time).

Practice unlimited times — every session reshuffles skills and steps.

Best View: Laptop or desktop browser (Chrome, Edge, Safari, Firefox). If using a phone, enable “Desktop View.”

#### 3.1.3 Brand Note

This interactive exam is a product of ExamPrepEmpire.com — your #1 destination for PASSING ALL LICENSED EXAM ON THE FIRST TRY. Train smarter, practice harder, and ace your Skills Exam on the first try!

# Master the CNA Exam with Confidence!

Get ready to ace your CNA certification on the first try with this complete 2025 edition of *CNA Skills Test Made Easy*:

- ✓ Step-by-step procedures for all major CNA skills
- ✓ Pass-always strategies to safeguard against automatic failure
- ✓ Interactive mock exams with instant grading feedback
- ✓ Video links showing proper technique

## About the Author

**Eng. Claudette D.** is a healthcare educator and exam coach passionate about helping aspiring CNAs achieve certification success. As founder of ExamPrepEmpire.com, she has created simplified, high-quality study tools designed to make learning fast, practical, and results-driven.

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