**Name: (BLOCK LETTER)** {t\_Name} **EID:** {t\_EID}

**Date:** {d\_Date}

**Rank:** {c\_Purser} Purser {c\_CabinCrew} CabinCrew

**Batch:** {t\_Batch}

**Course Attended:** {c\_Initial} Initial {c\_Recurrent} Recurrent {c\_PUpgrade} Purser Upgrade {c\_RQualification} Re-Qualification {c\_Others} Others: {t\_Others}

**Instructor’s name:** {t\_Instructorsname}

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| --- | --- | --- | --- | --- |
| **Criteria**  **Adult /Child /Infant**  *(circle the assessed subject)* | | **Assessment** | | **Reference** |
| 1. **The primary survey DRABCD** | | **Check** | **Not Check** | Airline Manual |
| 1. **Danger** | Check surrounding is safe to self, casualty and other passengers | {c\_CheckA1} | {c\_NotCheckA1} |
| 1. **Response** | * 1. ***Adult/child*** Assess the level of response by AVPU   ***Infant:*** Gently tap at shoulder, call “baby, baby” or tickle the feet. | {c\_CheckA21} | {c\_NotCheckA21} |
| * 1. If there is response, leave the casualty in the comfortable position and monitor the vital sign   If there is no response, shout for help | {c\_CheckA22} | {c\_NotCheckA22} |
| 1. **Airway** | * 1. ***Adult/child*** :Open the airway by head tilt chin lift | {c\_CheckA31} | {c\_NotCheckA31} |
| * 1. ***Infant:*** Open the airway by placing one hand beneath neck to tilt the head |
| * 1. Check for foreign object. Remove the foreign object by appropriate finger. Do not do a finger sweep if no foreign object seen | {c\_CheckA33} | {c\_NotCheckA33} |
| 1. **Breathing** | * 1. Determine the breathing by look, listen, feel up to 10 seconds | {c\_CheckA41} | {c\_NotCheckA41} |
| * 1. If there is breathing, start the secondary survey | {c\_CheckA42} | {c\_NotCheckA42} |
| * 1. If there isn’t breathing, start CPR immediately | {c\_CheckA43} | {c\_NotCheckA43} |
| 1. **Circulation** | Only when life-threatening conditions have been stabilized, or there is none present, should you begin to carry out a detailed secondary survey of the casualty. | {c\_CheckA5} | {c\_NotCheckA5} |
| 1. **Defibrillator** | If applicable | {c\_CheckA6} | {c\_NotCheckA6} |
| 1. **Cardio Pulmonary Resuscitation (CPR)** | | **Check** | **Not Check** |
| 1. **Chest compression** | * 1. Ensure the casualty on their back and on a firm surface | {c\_CheckB11} | {c\_NotCheckB11} |
| * 1. Kneel beside the casualty between shoulder and waist | {c\_CheckB12} | {c\_NotCheckB12} |
| * 1. ***Adult***: Place the heel of one hand over the center of the chest, between the nipples (lower half sternum). Place the other hand on top of the first hand for Adult.   ***Child***: Use only one hand to perform compression  **Infant:** Place two fingers of one hand below the horizontal line drawn the baby’s nipples | {c\_CheckB13} | {c\_NotCheckB13} |
| * 1. Keep the elbows straight and position the shoulders directly above the hands. Do not touch the chest | {c\_CheckB14} | {c\_NotCheckB14} |
| * 1. Use the upper body weight to push straight down on 1/3 the depth of chest | {c\_CheckB15} | {c\_NotCheckB15} |
| * 1. Begin 30 Chest compression (rate 100 \* per minute) | {c\_CheckB16} | {c\_NotCheckB16} |
| 1. **Artificial ventilation** | * 1. ***Adult/child:*** Maintain the airway by head tilt chin lift.   ***Infant:*** Gently lift up the chin, do not tilt the head too far back | {c\_CheckB21} | {c\_NotCheckB21} |
| * 1. ***Adult/child:*** Pinch the soft part of the nose with index and thumb.   ***Infan****t*: Seal your lips tightly around the infant’s mouth and nose | {c\_CheckB22} | {c\_NotCheckB22} |
| * 1. ***Adult/child:*** Blow air into the mouth slowly   ***Infant:*** Blow small puff of air from cheek into mouth and nose | {c\_CheckB23} | {c\_NotCheckB23} |
| * 1. Watch for rise and fall of chest. If there is no chest rises, reposition the head and give 2 more ventilations | {c\_CheckB24} | {c\_NotCheckB24} |
| * 1. During perform CPR, observe the vital signs: breathing, pulse and level of response | {c\_CheckB25} | {c\_NotCheckB25} |
| 1. **Choking CPR** | Chest compression – check foreign object by mouth – artificial ventilation | {c\_CheckB3} | {c\_NotCheckB3} |
| 1. **Recovery position** | | **Check** | **Not Check** |
| 1. **Adult/Child** | * 1. Kneel beside the casualty and remove any accessories or bulky objects found with him. | {c\_CheckC11} | {c\_NotCheckC11} |
| * 1. Make sure that both of the casualty’s legs are straight. Place the arm that nearest to you at right angles to the casualty ‘s body, with elbow bent and the palm facing upward | {c\_CheckC12} | {c\_NotCheckC12} |
| * 1. Bring the arm that is furthest from you across the casualty chest, and hold the back of his hand against the cheek nearest to you | {c\_CheckC13} | {c\_NotCheckC13} |
| * 1. With your other hand, grasp the further leg just above the knee and pull it up, keeping the foot flat on the ground | {c\_CheckC14} | {c\_NotCheckC14} |
| * 1. Keeping the casualty’s hand pressed against his cheek, pull on the further leg and roll the casualty towards you. | {c\_CheckC15} | {c\_NotCheckC15} |
| * 1. Adjust the upper leg so that both of the hip and the knee are bent at the right angles. | {c\_CheckC16} | {c\_NotCheckC16} |
| * 1. Tilt the casualty’s head back and tilt his chin that the airway remains open. If necessary, adjust the hand under the cheek to keep the airway open. | {c\_CheckC17} | {c\_NotCheckC17} |
| 1. **Infant** | Cradle the infant in your arms with his head slightly tilted downwards. | {c\_CheckC2} | {c\_NotCheckC2} |
| 1. **Airway obstruction(choking)** | | Check | Not Check |
| 1. **Adult/child conscious**   **total choking** | * 1. Determine by asking “Are you choking?”   For lady, extend the question by asking “Are you pregnant?”  Confirm choking, states “I will help you” | {c\_CheckD11} | {c\_NotCheckD11} |
| * 1. Bend the casualty forward, give up to five sharp slaps between the shoulder blades with the heel of your hand. Check the casualty’s mouth | {c\_CheckD12} | {c\_NotCheckD12} |
| * 1. Encircle your arms around waist (normal adult) or   chest (obese/pregnant) of casualty | {c\_CheckD13} | {c\_NotCheckD13} |
| * 1. Place your fist with thumb inside between the navel and the soft bone Xyphoid (normal adult) or   at Lower Sternum (obese/pregnant) of casualty | {c\_CheckD14} | {c\_NotCheckD14} |
| * 1. Grasp and support the fist with the other hand | {c\_CheckD15} | {c\_NotCheckD15} |
| * 1. Support yourself from falling by placing one foot between the casualty’s legs | {c\_CheckD16} | {c\_NotCheckD16} |
| * 1. Do the Inward- upward Abdominal Thrust /Inward Chest Thrust (Obese/pregnant) until the foreign object is removed. | {c\_CheckD17} | {c\_NotCheckD17} |
| 1. **Infant conscious**   **total choking** | * 1. Lay her face down along your thigh and support the baby’s head. Give up to five back slaps between the shoulder blades, with the heel of your hand. | {c\_CheckD21} | {c\_NotCheckD21} |
| * 1. Turn the infant over so that she is facing up along your other leg and check infant’s mouth. Remove any obvious obstructions with your fingertips. Do not sweep the mouth. | {c\_CheckD22} | {c\_NotCheckD22} |
| * 1. If back slaps fail to clear the obstruction, try chest thrusts. With the infant still lying face up along your leg, place two fingers on the lower half of the breastbone one finger’s breadth below the nipples. Give up to five sharp thrusts, pushing inwards and downwards, towards the head. | {c\_CheckD23} | {c\_NotCheckD23} |
| * 1. Check the mouth. If the obstruction still has not cleared, repeat steps 1-3 three times. | {c\_CheckD24} | {c\_NotCheckD24} |
| 1. **Bandaging** | | Check | Not Check |
|  | 1. Dress the wound | {c\_CheckE1} | {c\_NotCheckE1} |
| 1. Cover with the bandage | {c\_CheckE2} | {c\_NotCheckE2} |
| 1. Secure the bandage | {c\_CheckE3} | {c\_NotCheckE3} |
| 1. Check circulation | {c\_CheckE4} | {c\_NotCheckE4} |

**Overall performance:** **PASS**{c\_Pass} **FAIL**{c\_Fail}

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| --- | --- |
| Remark: | |
| Instructor’s signature: | Trainee’s comment & signature: |

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| --- |
| **Guidance to use Cabin Health And First Aid Training practical assessment form:**   1. Instructor explains how to use the form to trainee.    1. Each trainee must fill in his/her name, ID number, rank, date of attending practical training and types of courses completed before submitting the form to the instructor.    2. Trainees must understand the process of practical assessment. 2. Course Attended:    1. Examiner must assess the trainee’s performance during running the scenario according to the checklist mentioned on the Assessment Form by putting ✓ if Check, or X if Not Check and evaluate the overall performance by putting ✓ if Pass, or X if Fail.    2. The examiner must brief and announce the assessment result to the trainee after evaluation completed. 3. The Practical assessment Completed.    1. The trainee must acknowledge the assessment result and sign at the right bottom of the form.    2. Examiners themselves must concentrate on signing at the left bottom of the form to confirm the training is completed. |