

## LIST OF PRACTICAL SKILLS

1. Demonstration of the hygienic hand antiseptis.
2. Putting on and removing non-sterile disposable gloves
3. Demonstration of the stages of assessing of the casualty.
4. Counting of the pulse rate on the radial and carotid arteries.
5. Counting the number of breaths.
6. Blood pressure measurement.
7. First aid for an adult in case of choking.
8. Removing a blocking airway object in a child under 1 year old.
9. Rescue breaths for an adult.
10. Rescue breaths for a child.
11. Chest compressions for an adult.
12. Chest compressions for a child over 1 year old.
13. Chest compressions for a child under 1 year old.
14. Applying a hemostatic tourniquet type Esmarch.
15. Applying a hemostatic tourniquet from available material.
16. Applying a pressure bandage to a bleeding wound.
17. Applying an occlusive dressing to the chest.
18. Applying a soft bandage «Chepec».
19. Applying a soft bandage «Uzdechka».
20. Applying a soft bandage to the left eye.
21. Applying a soft bandage to the right eye.
22. Applying a soft binocular bandage.
23. Applying a spiral bandage to the chest.
24. Applying a soft bandage "Glove".
25. Applying a soft bandage "Knight's glove".
26. Applying a soft bandage "Mitten".
27. Applying a soft bandage Dezo in case of damage to the right clavicle.
28. Applying a soft bandage Dezo in case of damage to the left clavicle.
29. Applying a soft spike-shaped bandage to the right shoulder joint.
30. Applying a soft spike-shaped bandage to the left shoulder joint.
31. Applying a soft tortoise convergent bandage.
32. Applying a soft tortoise divergent bandage.
33. Applying a soft spike-shaped bandage.
34. Applying a triangular bandage in case of damage to the upper limb.
35. Applying transport splints or splints made of an available hard material for fractures of the bones of the hand.
36. Applying transport splints or splints made of an available hard material for fractures of the bones of the forearm.
37. Applying transport splints or splints made of an available hard material for fractures of shoulder.
38. Applying transport splints or splints made of an available hard material for fractures of the bones of the foot.

39. Applying transport splints or splints made of an available hard material for fractures of the bones of the shin.
40. Applying transport splints or splints made of an available hard material for hip fractures.
41. Applying transport splints or splints made of an available hard material for injuries of the cervical spine.
42. Carrying out transport immobilization for fractures of the spine.
43. Carrying out transport immobilization for fractures of the pelvic bones.

Approved by  
Session Simulation and Attestation Center  
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Head of Simulation and Attestation Center

A handwritten signature in blue ink, appearing to be 'O.A. Teslova', written over a light blue grid background.

O.A. Teslova