

Wound-Care Skills Practice

Page 1 | Dressings, handling supplies, and one-handed practice

Practice date: _____ Participants: _____

Practice safely: use uninjured skin only

Use clean training supplies. Do not create injuries or practise invasive procedures.
Use recognized training for severe bleeding and tourniquet application.

Dressing and basic equipment practice

- ☐ Located gloves, gauze, non-stick dressings, tape, and saline
- ☐ Put on gloves and opened a dressing package
- ☐ Positioned a dressing on uninjured skin
- ☐ Secured the dressing without wrapping too tightly
- ☐ Checked comfort and movement after applying the dressing

One-handed practice (simulate a hand being unavailable)

- ☐ Opened practice packaging with one hand
- ☐ Positioned a dressing using one hand
- ☐ Identified tools or packaging that were difficult to manage

Observations / difficulties:

Improvements needed / person responsible:

Low-Light & Injury Recognition

Page 2 | Emergency lighting and deciding when to seek help

Practice date: _____ Location: _____

Emergency lighting drill

- ☐ Located headlamp or lantern without normal room lighting
- ☐ Found the first-aid kit and essential supplies in low light
- ☐ Practised placing a dressing on uninjured skin using backup light
- ☐ Checked batteries, charging, and spare lighting arrangements

Lighting drill observations:

Recognizing serious injuries: discuss, do not simulate

- ☐ Heavy or uncontrolled bleeding: call emergency services
- ☐ Deep or gaping wounds, numbness, or loss of movement: seek assessment
- ☐ Embedded large object: leave in place and seek urgent assistance
- ☐ Fever, spreading redness, or worsening pain: seek medical assessment
- ☐ Suspected shock or altered consciousness: emergency response

What warning signs did participants miss or find confusing?

Training or equipment improvements needed:

Household Communication & Follow-Up

Page 3 | Emergency contacts, communication drill, and action record

Practice date: _____ Next review date: _____

Communication drill

- ☐ All participants located the local emergency telephone number
- ☐ Explained property location and access directions clearly
- ☐ Located written contacts and nearby medical facility information
- ☐ Tested backup communication equipment where available
- ☐ Discussed who calls for help and who stays with the injured person

Emergency plan details

Local emergency number: _____

Primary contact: _____

Backup contact / device: _____

Property directions stored at: _____

Assessment and next steps

Overall readiness (check one):

- ☐ Needs practice ☐ Developing ☐ Ready for routine drills

What worked well:

Priority improvements / owner / target date:

This worksheet supports training; it does not replace certified first-aid instruction.