

# Care Assistant Fundamentals Skills Test



Care Assistant Name: \_\_\_\_\_ Date: \_\_\_\_\_ Score: \_\_\_\_\_%

Health Services Evaluator: \_\_\_\_\_

**Instructions:** You must be observed by a Health Services Evaluator while performing each skill listed below. The space before each listed skill requires the Evaluator's initials to signify adequate and safe performance of that skill. Completed sheet must be returned to / collected by the Evaluator or Training Administrator for entry into EMBARC.

## Care Assistant Fundamentals Core Skills Module

\_\_\_\_\_ Demonstrate and describe proper lifting technique for an inanimate object.

\_\_\_\_\_ Demonstrate the proper self-protective doffing of gloves.

## Care Assistant Fundamentals Module 1: Mobility Assistance

\_\_\_\_\_ Demonstrate proper Care Assistant hand placement when using a gait belt.

\_\_\_\_\_ Demonstrate guiding a blind person.

## Care Assistant Fundamentals Module 2: Transferring Assistance

\_\_\_\_\_ Describe essential preparation prior to transferring a client.

\_\_\_\_\_ Demonstrate a 1-man transfer of a client from a cot to a wheelchair (to include self- introduction and explanation of each step).

## Care Assistant Fundamentals Module 3: Feeding Assistance

\_\_\_\_\_ Using materials at hand, demonstrate describing the food offered to a blind client.

\_\_\_\_\_ Demonstrate the Back Blow/Abdominal Thrust maneuver.

## Care Assistant Fundamentals Module 4: Observation

\_\_\_\_\_ Describe the approach and actions taken when confronted by a client who may be displaying an extreme reaction.

\_\_\_\_\_ Describe how you would interact with an elderly, wandering client who rummages through other client's belongings.