**CNA Skills Check Off**



**Students must complete handwashing before the first skill and then they can simulate handwashing between skills**

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| **Handwashing**  |
|  **ROM L Elbow & Wrist** |
|  **Pulse +/- 4** |
| **Partial Bed Bath and back rub** |
| **Total Time = 37 Min** |

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| **Handwashing**  |
| Change position  |
| Respirations +/- 2 |
| Occupied Bed  |
| Total Time = 40 min |

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| Handwashing  |
| Change Position |
| Pulse +/- 4 |
| Footcare  |
| Total Time = 40 min |

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| Handwashing  |
| ROM L hip/knee/Ankle |
| Respirations +/- 2 |
| Dressing a Resident weak side L |
| Total Time = 31 min |

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| Handwashing  |
| Transfer a Resident |
| I&O Urine bag  |
| Hand & Nail  |
| Total Time = 40 min |

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| Handwashing  |
| Transfer a Resident  |
| Respirations +/- 2 |
| Mouth care & dentures |
| Total Time = 30 min |

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| Handwashing  |
| Change of Position  |
| Respirations +/- 2 |
| Mouth Care brush teeth |
| Total Time = 31 min |

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| Handwashing  |
| ROM L Shoulder  |
| Pulse +/- 4 |
| Partial Bath & back rub |
| Total Time = 37 min |

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| Handwashing  |
| ROM L Shoulder  |
| Respirations +/- 2 |
| Peri Care |
| Total Time = 40 min |
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| Handwashing  |
| Transfer a resident  |
| I& O urine bag  |
| Cath Care |
| Total Time = 40 min |

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| Handwashing  |
| ROM L hand/wrist |
| Pulse +/- 4 |
| Bed Pan |
| Total Time = 35 min |

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| Handwashing  |
| Transfer a Resident  |
| Respirations +/- 2 |
| Mouth care & dentures |
| Total Time = 30 min |

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| Handwashing  |
| Feeding a resident |
| Ambulation  |
| Mouth care brush teeth |
| Total Time = 35 min |

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| Handwashing  |
| ROM left Shoulder |
| Measure urine  |
| Catheter care  |
| Total Time = 31 min |

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| Handwashing  |
| Feeding  |
| ROM elbow, wrist  |
| Bedpan  |
| Total Time = 41 min |

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| Handwashing  |
| Respiration +/- 2 |
| Teeth  |
| Change position  |
| Total Time = 41 min |