

ON-SITE HEALTH & SAFETY SKILLS VERIFICATION

Musculoskeletal Pain Management

Technician:

Date: Points Points Possible Given

Starts New First Aid Packet report in FastField. Looks up Injury Manager. Verbalizes looking up injury & company Protocols in Drive/FastField. Verbalizes bringing ICE. ***Must be done prior to injury treatment***	1	
Takes or verbalizes PPE precautions	1	
Visualizes injury	1	
Determines MOI, History of Incident	1	
Assess and carefully palpate for: -Deformities -Laceration/Abrasion/Avulsion (new or old) -Hematoma -Foreign Body -Swelling -Redness/ Irritation -Crepitus -Step-offs (spine) ***Deformities, crepitus or possibility of spinal compromise, must contact Injury Manager for possible MD referral. ***	8	
Assess Function: -Range of Motion -Sensory Functions -Level of Pain -Able to Bear Weight -Check Pupils -Check for additional injuries ***Numbness/Tingling, loss of function, unable to bear weight, extreme pain, non-regular pupil functions require Injury Manager call in for possible MD referral***	6	
Verbalizes injury determination and need for treatment plan	1	
Places ICE on injury and verbalizes need for 20 minutes of ice	1	
Gathers employee information for report: -Full name (check ID) -Last 4 of SS/ID# -Employee phone number and supervisor contact information -Age & DOB -Past Medical History -Vitals if warranted -Allergies -Medications -Date of last Tetanus (within 5 years or recommend booster)	9	
Verbalize Injury Manager Call-In Report protocol: -Send text message to Primary call taker -Include your name and type of injury -Picture of injury -Wait 10 Minutes for response -If no response contact Back-Up call taker *Must wait the full 10 minutes* -Verbalize full report and your desired plan of treatment/recommendations ***Contact with Injury Manager must be made prior to any treatment. Rinsing wound to visualize and ICE use, does not count as treatment at this point***	6	
Prepare supplies	1	
Massage: -Use Biofreeze to assist with pain relief -Massage muscles/joints thoroughly -Palpate origin of pain -Consider massage to opposite side of body as well	4	
Extremity Pain: Compression Wrap* -Select appropriate wrap -Ensure skin is dry	4	

-Wrap distal to proximal (toward the heart) -Wrap in figure 8's		
Stretching: -Visually show what stretches will be done as recommended by the Injury Manager (phone or paper) -Have the employee perform the recommended stretches and confirm that they can do them on their own (may need to bring yoga matt)	2	
Aftercare: -Provide and explain ½ sheet instructions to employee and supervisor. -Provide Back Stretches instructions sheet or verbal stretching instructions -Give employee 2-5 Biofreeze packets and advise how/when to use them. -Advise employee and supervisor to call immediately if the injury gets worse. -Advise employee that if numbness/tingling occur to remove compression wrap and re wrap when feeling returns.*	5	

ON-SITE HEALTH & SAFETY SKILLS VERIFICATION

Re-check function/movement of painful area and/or comfort/security of wrap.	1	
Ask if the employee or supervisor have any last questions and obtain employee initials and signature on First Aid Report.	1	
Get supervisor's email address to email Incident Response ½ sheet and Service Record	1	
Total	54	

CRITICAL CRITERIA

- € Failure to verbalize documenting injury on digital FastField report
- € Failure to verbalize importance bringing real ICE
- € Failure to take or verbalize PPE precautions
- € Failure to adequately visualize and assess injury
- € Failure to verbalize contacting Injury Manager PRIOR to injury treatment
- € Applying Biofreeze to broken skin
- € Failure to thoroughly massage area
- € Demonstrates unacceptable compression wrap application*
- € Demonstrates or verbalizes unacceptable stretches
- € Failure to reassess function and movement of injured area after massage and/or wrap
- € Failure to reassess comfort and security of compression wrap*
- € Failure to explain aftercare instructions to employee and supervisor (ICE, OTC's, stretching)
- € Failure to provide aftercare Biofreeze and instructions ½ sheet
- € Failure to obtain employee signature on FastField report
- € Failure to email supervisor Incident Response Report and Service Record

*Shaded sections are not required for neck/back muscle pain management skills

Must get total of at least 44 points with no marks in the critical criteria to pass for extremity pain

Must get total of at least 40 points with no marks in the critical criteria to pass for neck/back muscle pain

Evaluator Name & Signature:

Technician Signature: