# NREMT Skill Sheets Explained: EMT Psychomotor Skills

What the EMT skills exam tests, the stations, how grading works, the critical-fail themes and how to practice

**Medic Basics**
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## NREMT SKILL SHEETS: WHAT THE EMT SKILLS EXAM IS

NREMT skill sheets are the checklists examiners use to score the EMT psychomotor (hands-on) exam, one sheet per station. To earn National Registry EMT certification you need a state-approved EMT course, a passing score on the cognitive exam and a passing BLS skills competency approved by your State EMS Office; each result stays valid for 24 months.

**EXAM TIP** Each state runs and approves its own BLS skills process, so the stations, version of the sheets and retest rules come from your program and State EMS Office. Ask for the exact sheets you will be tested on and practice from those.

## THE EMT PSYCHOMOTOR STATIONS

*Typical NREMT-based BLS station list. Example: Minnesota tests the first five at every attempt, draws one of bleeding, joint, long bone or seated spine, and lists supine spine as optional.*

| STATION | WHAT YOU SHOW | STUDY GUIDE |
|---|---|---|
| **Patient assessment: trauma** | Scene to primary survey to secondary exam on an injured patient | NREMT Trauma Assessment Skill |
| **Patient assessment: medical** | History, focused exam and treatment of an ill patient | NREMT Medical Assessment Skill |
| **BVM ventilation, apneic adult** | Open, clear and hold the airway, then ventilate with oxygen | NREMT BVM Skill |
| **Oxygen by non-rebreather** | Set up a cylinder and regulator and apply a mask | NREMT Oxygen Administration Skill |
| **Cardiac arrest with AED** | High-quality CPR and safe defibrillation | NREMT Cardiac Arrest and AED Skill |
| **Bleeding control and shock** | Pressure, tourniquet and shock care | NREMT Bleeding Control Skill |
| **Spinal immobilization, seated and supine** | Manual stabilization, device, then reassessment | Spinal Motion Restriction |
| **Joint and long-bone immobilization** | Splint above and below with distal checks | None yet |

## HOW EACH STATION IS GRADED

- The examiner reads a short scenario and plays or describes the patient; you treat a live model or manikin.
- Each sheet lists the actions in a sensible order. You earn credit for each one you do or clearly say aloud.
- A station has a minimum score and a time limit; your examiner tells you both before you start.
- Every sheet also lists critical criteria. Any one of them fails the station whatever your score.
- Retest rules (how many stations you may retake and when) are set by your state.

**EXAM TIP** Say what you see and what you are doing: "Airway open and clear, breathing 24 and shallow, I am giving oxygen." Examiners can only score what they see or hear.

## CRITICAL-FAIL THEMES, IN PLAIN WORDS

- Touching the patient before you protect yourself and confirm the scene is safe.
- Moving on to the detailed exam while a threat to airway, breathing, circulation or major bleeding is untreated.
- Missing or delaying the call to transport a time-critical patient.
- An intervention that could hurt the patient: wrong oxygen device, ventilating too fast or too hard, a shock while someone touches the patient.
- Long gaps with no breaths or no compressions.
- Letting go of manual spinal stabilization too early, or moving the spine before it is held.
- Splinting without checking pulse, movement and sensation below the injury before and after.
- Unsafe, disorganized or unprofessional care.

## PARAMEDIC: NO PSYCHOMOTOR EXAM SINCE JULY 2024

The National Registry ended the AEMT and paramedic psychomotor exam on June 30, 2024. Since July 1, 2024, AEMT and paramedic certification uses one cognitive exam, with scene, en route and post-scene scenarios, and no separate skills exam.

**Sources** (5) are listed with links at medicbasics.com/sheets/nremt-skills-guide.html. For education and exam preparation only. Not medical advice; follow current guidelines and your institution's protocols. Medic Basics is an independent study aid not affiliated with any certifying body.