

CNA Skills Checklist PDF

Preparing for the Certified Nursing Assistant (CNA) exam requires mastering both theoretical knowledge and practical nursing skills. A CNA Skills Checklist helps students track essential competencies needed for certification and safe patient care.

This guide provides a complete CNA skills checklist covering infection control, patient care, safety procedures, vital signs, mobility assistance, and communication skills frequently tested during CNA certification examinations.

Whether you are preparing for the NNAAP exam, state certification exam, nursing assistant training program, or healthcare aide assessment, this checklist can help ensure you are exam-ready.

Why Use a CNA Skills Checklist?

A skills checklist helps students:

- ✓ Track progress
- ✓ Improve practical competency
- ✓ Prepare for skills examinations
- ✓ Identify weak areas
- ✓ Build confidence before certification
- ✓ Ensure safe patient care practices

Many nursing assistant training programs use skill checklists to evaluate student performance before graduation and certification testing.

Infection Control Skills Checklist

Hand Hygiene

- Wet hands thoroughly

- Apply soap correctly
- Wash for at least 20 seconds
- Clean between fingers
- Clean under fingernails
- Rinse thoroughly
- Dry hands completely
- Use paper towel to turn off faucet

Personal Protective Equipment (PPE)

- Don gloves properly
- Remove gloves safely
- Wear face mask correctly
- Use gown when required
- Apply isolation precautions
- Dispose of PPE appropriately

Standard Precautions

- Treat all body fluids as potentially infectious
- Prevent cross-contamination
- Maintain clean environment
- Follow facility infection-control policies

Vital Signs Skills Checklist

Temperature Measurement

- Identify appropriate thermometer
- Position thermometer correctly
- Record reading accurately
- Report abnormal findings

Pulse Assessment

- Locate radial pulse
- Count pulse for one minute
- Document pulse rate
- Identify irregular pulse

Respiratory Assessment

- Observe chest movement
- Count respirations discreetly
- Record respiratory rate
- Report breathing abnormalities

Blood Pressure

- Select proper cuff size

- Position cuff correctly
- Obtain accurate reading
- Record results

Oxygen Saturation

- Apply pulse oximeter
 - Obtain SpO₂ reading
 - Record oxygen saturation level
 - Report abnormal values
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Personal Care Skills Checklist

Bathing Assistance

- Gather supplies
- Provide privacy
- Assist with bathing safely
- Maintain dignity
- Dry skin thoroughly

Oral Care

- Prepare supplies
- Brush teeth correctly

Clean dentures properly

Maintain oral hygiene

Hair Care

Comb hair gently

Shampoo if needed

Maintain patient comfort

Nail Care

Clean nails

Follow facility policies

Observe for abnormalities

Grooming Assistance

Assist with dressing

Assist with shaving

Promote independence

Respect patient preferences

Mobility and Transfer Skills Checklist

Ambulation Assistance

Apply gait belt correctly

Assist patient to standing position

Walk safely beside patient

Monitor for dizziness

Return patient safely

Wheelchair Transfer

Lock wheelchair wheels

Position wheelchair properly

Use proper body mechanics

Transfer safely

Positioning Patients

Reposition every 2 hours

Use pillows for support

Maintain alignment

Prevent pressure injuries

Range of Motion Exercises

Shoulder exercises

Elbow exercises

Wrist exercises

Hip exercises

- Knee exercises
 - Ankle exercises
 - Support joints properly
 - Move smoothly and gently
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Nutrition and Hydration Skills Checklist

Feeding Assistance

- Verify patient identity
- Position patient upright
- Assist with feeding
- Encourage independence
- Observe swallowing difficulties

Hydration

- Encourage fluid intake
- Monitor intake
- Record fluid consumption
- Report dehydration signs

Intake and Output

- Measure fluid intake

Measure urine output

Record accurately

Report abnormalities

Elimination Skills Checklist

Bedpan Assistance

Provide privacy

Position bedpan correctly

Ensure comfort

Clean patient afterward

Urinal Assistance

Position urinal properly

Measure output if required

Maintain dignity

Catheter Care

Follow infection-control measures

Clean appropriately

Observe for abnormalities

Report concerns

Patient Safety Skills Checklist

Fall Prevention

- Lock bed wheels
- Keep bed low
- Ensure call light accessibility
- Remove hazards
- Use non-slip footwear

Environmental Safety

- Maintain clutter-free room
- Ensure adequate lighting
- Check equipment safety
- Follow facility policies

Emergency Response

- Recognize emergencies
 - Call for assistance
 - Report promptly
 - Follow emergency procedures
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Communication Skills Checklist

Resident Communication

- Introduce yourself
- Use respectful language
- Listen actively
- Answer questions clearly
- Maintain professionalism

Reporting

- Report changes promptly
- Communicate accurately
- Follow chain of command
- Document observations

Documentation

- Record care accurately
 - Use approved abbreviations
 - Document promptly
 - Maintain confidentiality
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Resident Rights Checklist

- Respect privacy
 - Maintain dignity
 - Protect confidentiality
 - Respect cultural beliefs
 - Support independence
 - Encourage participation in care
 - Respect right to refuse care
 - Promote patient safety
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Common CNA Skills Tested During Certification Exams

Most CNA skills exams commonly evaluate:

1. Handwashing
 2. Measuring pulse
 3. Measuring respirations
 4. Taking blood pressure
 5. Measuring temperature
 6. Ambulation with gait belt
 7. Wheelchair transfer
 8. Feeding assistance
 9. Bed making
 10. Perineal care
 11. Denture care
 12. Catheter care
 13. Range of motion exercises
 14. Positioning patients
 15. Documentation skills
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How to Pass the CNA Skills Exam

Practice Daily

Perform skills repeatedly until comfortable.

Follow Every Step

Examiners evaluate proper sequence and safety.

Focus on Infection Control

Hand hygiene and PPE are heavily emphasized.

Communicate During Skills

Explain procedures to the patient throughout care.

Prioritize Safety

Always protect patient safety and comfort.

Download the Complete CNA Skills Checklist PDF

Looking for a printable CNA Skills Checklist PDF?

Our **CNA Practice Book and Study Guide** includes:

- ✓ Complete CNA Skills Checklist
- ✓ Skills Exam Preparation Guide
- ✓ CNA Practice Questions and Answers
- ✓ Infection Control Review
- ✓ Vital Signs Charts
- ✓ Mock Exams

✔NNAAP Preparation Materials

✔Quick Revision Notes

Visit www.bookinfo.pro.com to access comprehensive CNA exam preparation materials and nursing assistant study resources.

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