

CNA Skills Test Day Checklist

Your Complete Preparation Guide for Test Day Success

This comprehensive checklist covers everything you need for CNA skills test success. Based on analysis of 398+ student experiences and official testing data.

1. Before Leaving Home

- Arrive 30 minutes early in proper scrubs (clean, professional nursing uniform)
- Bring two forms of government-issued ID (driver's license, passport, etc.)
- Wear watch with second hand for vital signs timing
- Wear closed-toe, non-slip shoes with good support
- Tie back long hair and remove excessive jewelry

2. Mental Preparation

- Review mental checklist but avoid cramming (increases anxiety)
- Practice deep breathing exercises to manage test anxiety
- Remember: 1 in 6 students need a second attempt - it's statistically normal
- Visualize successful completion of each skill step-by-step
- CRITICAL SAFETY REMINDER:** Missing any critical step (especially infection control) results in automatic skill failure. Take your time with hand hygiene - it's required before and after every skill.

3. During Each Skill

- Focus on safety checks and infection control first
- Verbally announce each step during performance (builds confidence)
- Wash hands for full 20 seconds minimum - count slowly
- Lock wheelchair/bed brakes before any transfers
- Place call light within patient reach after care
- Lower raised beds to lowest position after care

4. Blood Pressure Specific (Most Failed Skill)

- Check cuff size is appropriate for patient's arm
- Position arm at heart level, palm facing up
- Inflate 30 mmHg above estimated systolic pressure
- Deflate slowly (2-3 mmHg per second) and listen carefully
- Record reading within ± 4 mmHg of actual (critical requirement)

5. Final Success Tips

- Stay calm and request corrections if needed (you're allowed to fix mistakes)
- Focus on your procedure, not the evaluator's reactions
- Remember dress affected side first, undress it last for transfers
- Include required observations (skin condition, UTI signs, etc.)
- Complete all tasks within time limit - pace yourself steadily