



SFST Pocket Guide Instructions



Horizontal Gaze Nystagmus (HGN):

1.	Stand with your heels and toes together and arms down by your side.
2.	I'm going to check your eyes. (Remove glasses if worn)
3.	Keep your head still and follow the stimulus with your eyes only.
4.	Do not move your head.
5.	Do you understand the instructions? (Must receive affirmative response)

Walk and Turn (W&T):

1.	Put your left foot on the line and put your right foot in front of it with your right heel touching your left toe. Keep your hands at your side. (Demonstrate)
2.	Do not start until I tell you to.
3.	Do you understand the instructions? (Must receive affirmative response)
4.	When I tell you to begin, take 9 heel to toe steps down the line. On your ninth step leave your front foot on the line, and turn by taking a series of small steps with your other foot. Keep your arms by your side. (Demonstrate)
5.	While walking, watch your feet at all times, keep your arms at your side, and count your steps out loud. Once you start, do not stop until the test is complete.
6.	Do you understand the instructions? (Must receive affirmative response)
7.	You may begin the test.

One-Leg Stand (OLS):

- | |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1. Stand with your heels together and arms at your side. (Demonstrate) |
| 2. Do not begin until I tell you to. |
| 3. Do you understand the instructions?
(Must receive affirmative response) |
| 4. When I tell you, I want you to raise one foot, either foot. Keep your raised foot approximately six inches off the ground, and keep your raised foot parallel to the ground. Keep both legs straight and keep your eyes on the elevated foot. |
| 5. While holding that position, count out loud, like this: 1001, 1002, 1003, and so forth until told to stop. (Demonstrate raised leg and counting during instructions) |
| 6. Do you understand the instructions?
(Must receive affirmative response) |
| 7. You may begin the test. |