



# CPR/FIRST AID

**Purpose:** To provide the Health Science student with an opportunity to develop and demonstrate knowledge and skills in team CPR/First Aid in emergency care.

**Description of Event:** This event will consist of two rounds of competition for a 2-person team. Round One is a written, multiple choice test of knowledge and understanding. The top scoring teams will advance to Round Two for the performance of selected skill procedure(s) identified in a written scenario. The scenario will require the use of critical thinking skills. The performance will be timed and evaluated according to the event guidelines.

**Dress Code:** Competitors shall wear proper business attire or official HOSA uniform, or attire appropriate to the occupational area, during the orientation and written test. Competitors will wear attire appropriate to the occupational area during the skill procedure(s). School identification or name pins must be removed or covered during competition. Bonus points will be awarded for proper dress.

- Rules and Procedures**
- Competitors in this event must be active members of HOSA in good standing in the category in which they are registered to compete (Secondary or Postsecondary/Collegiate). Competitors should compete in skill events at the highest level of their training.
  - The test shall be developed from the National HOSA test item bank. The written test will consist of fifty (50) multiple choice items. Competitors will be given one hour to complete the test. The scores of the two team members will be added together for one composite score.

Round One:	Written Test Plan	
	Anatomy and Physiology .....	20%
	Basic Life Support .....	35%
	First Aid for:.....	45%
	• Bleeding and wounds	
	• Shock	
	• Poisoning	
	• Burns	
	• Heat and cold exposure	
	• Bone and joint injuries	
	• Specific injuries	
	• Sudden illness	

- All competitors shall report to the site of the event orientation at the time designated. The Round One test will immediately follow the orientation. **No proxies will be allowed for the orientation.** No study materials are allowed in the room.
- All official references are used in the development of the written test. The specific reference selected for each procedure is listed in the Facilities, Equipment and Materials section of these guidelines.
  - American Heart Association, *Basic Life Support for Healthcare Providers*, Latest edition. Distributed by Channing L. Bete Co., Inc.
  - Simmers, Louise, *Diversified Health Occupations (OR Introduction to Health Science Technology)* Delmar, Latest edition.
  - American Red Cross, *First Aid and Emergency Preparedness: Quick Reference Guide.* Latest edition.

5. Each team must consist of two members. The composite test score from Round One will be used to qualify the team for the Round Two skill procedures. These procedures include one or more procedures for Rescuer One (Procedures I, II, III and/or IV) and one procedure for Rescuer Two (Procedures V, VI, VII or VIII) will be selected. The skill procedures approved for this event are:
 

Procedure I:	Bleeding (Rescuer One)
Procedure II:	Fracture (Rescuer One)
Procedure III:	Burns (Rescuer One)
Procedure IV:	Heat Exposure (Rescuer One)
Procedure V:	Choking: Responsive Infant Becomes Unresponsive (Rescuer Two Initiates)
Procedure VI:	Obstructed Airway: Conscious Adult Becomes Unconscious (Rescuer Two Initiates)
Procedure VII:	Adult Team CPR (Rescuer Two Initiates)
Procedure VIII:	Two-Rescuer AED-CPR – Adult (Rescuer Two Initiates)
6. The selected procedure(s) for Round Two, in the form of a written scenario, will be presented to the competitors at the start of the skill to be performed. The timing for the skill will begin when the scenario is presented. The scenario will be the same for each team and will include a challenging component that will require the competitors to apply critical thinking skills.
7. The scenario is a secret topic. Professional ethics demand that competitors DO NOT discuss or reveal the secret topic until after the event has concluded. Competitors who violate this ethical standard will be disqualified.
8. Competitors must complete all steps of the procedure listed in the guidelines even if the steps must be simulated/verbalized. (If the equipment is available, the competitors would complete all steps of the procedure as the scenario warrants. If the equipment is NOT available, the competitors would simulate/verbalize the steps.)
9. If a competitor jeopardizes the patient's or his/her own safety or fails to perform a critical step and does not take immediate action to correct the error, the total points for the procedure or specific subpart(s) of the procedure will be deducted by the judge(s).
10. A **twelve (12) minute maximum time limit** has been set for reviewing the scenario and caring for the victims (skill performance). Timing will begin when the team receives the scenario outside the presentation room. Competitors will be stopped at the end of the twelve (12) minute time limit.
11. In performance of a skill scenario, competitors are required to follow the highest standard of care when treating victims. It is understood that in some situations, Rescuer I may need to break with the sequence of caring for the first aid victim in order to assist Rescuer II in a timely and appropriate manner. In such circumstances, Rescuer I will return to the first aid victim and complete the steps of the procedure when it is medically appropriate to do so. Judges will adapt their scoring accordingly.
12. The team must earn a score of 70% or higher on the combined skill procedure(s) of the event (excluding the test) in order to be recognized as an award winner at the NLC.
13. In case of a tie, the highest test score will be used to determine the rank.
14. Teams must bring one set of items noted with \*\*\* in the materials section of these guidelines to the event.
15. Competitors must be familiar with and adhere to the **"General Rules and Regulations of the National HOSA Competitive Events Program."**

**Note:** HOSA follows **American Heart Association** guidelines for CPR. Steps may differ from those recommended by the American Red Cross. For competition purposes, competitors must follow the steps listed in the guidelines for this event.

**Required Personnel**

1. One Event Manager per event
2. One Section Leader per section
3. Judges: two judges (one for each rescuer)
  - a. The judge for the first aid procedure(s) must be at least a current ARC First Aid Instructor
  - b. The judge for the CPR or Obstructed Airway Procedure(s) must be at least a current ARC or American Heart CPR Instructor
  - c. EMT's and Paramedics may judge either problem
  - d. RN's with emergency training and the above certification may judge either problem
4. Proctors for testing
5. One-two Courtesy Corps per section
6. One-two patients as required by the scenario (per section)
7. Timekeepers (if necessary)
8. Moulage Specialist (if necessary)
- \*\*\* 9. Watch with a second hand
- \*\*\* 10. Pens/Pencils to all events

**Facilities, Equipment and Materials (Per Section)**

**General**

1. Clinical and/or laboratory stations for selected procedures
2. Table outside room for checking equipment and for competitors to complete their event evaluations
3. Written scenario (one copy per team and judge)
4. Calculators, note pads, pencils for judges
5. Competitor Participation Certificate for all who complete Round One.
6. Event evaluations and pencils (per competitor)
7. Stopwatch
8. Moulage supplies
9. Blankets (1 per section)
10. Pillows (2 per section)
11. Telephone set-up or non-working cell phones

**Round One**

- Written Test** (Reference: all resources)
1. One pre-numbered test copy per competitor
  2. Scantron forms.
  - \*\*\* 3. Number 2 lead pencil with an eraser

**Round Two:**

- General Equipment To Be Provided by Competitors**
- \*\*\* 1. Cravats (5-10) (Defined as strips of cloth, triangular bandages folded into strips, roller gauze, or other similar material to tie or anchor splints in place.)
  - \*\*\* 2. Sterile Gauze Squares, 4" X 4", 6-10 total (may be packaged as singles, doubles, or multiples)
  - \*\*\* 3. Any size roller bandages (Kling/similar) 4-6 total
  - \*\*\* 4. One pair of scissors
  - \*\*\* 5. Adhesive tape
  - \*\*\* 6. Barrier Supplies: 10 pair of gloves, 2 sets of goggles or safety glasses, 2 masks and 2 gowns
  - \*\*\* 7. Pocket mask and/or other appropriate barrier (face shield, mouth-to-mask device, BVM).
  - \*\*\* 8. One trauma dressing (ABD)

**\* Teams have the option of bringing one kit per person or one kit per team.**

**Procedure I Bleeding (Rescuer One)** (Simmers)**Procedure II Fracture (Rescuer One)** (Simmers)

1. Board splints
2. Ice/cold packs
3. Towels to wrap around ice packs

**Procedure III Burns (Rescuer One)** (Simmers)

1. Water
2. Basin

**Procedure IV Heat Exposure (Rescuer One)** (Simmers)

1. Water
2. Paper cups
3. Ice packs

**Procedure V Choking: Responsive Infant Becomes Unresponsive (Rescuer Two Initiates)**  
(American Heart Association)

1. Manikin

**Procedure VI Obstructed Airway: Conscious Adult Becomes Unconscious (Rescuer Two Initiates)** (American Heart Association)

1. Manikin

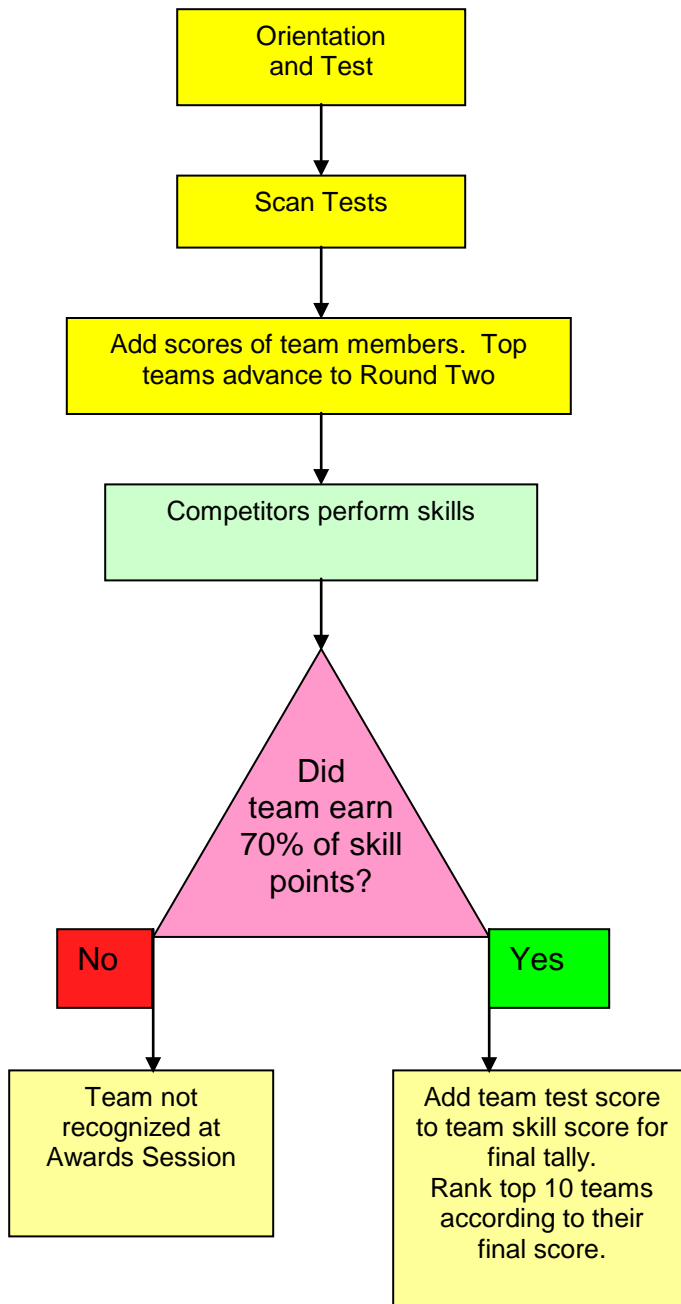
**Procedure VII Adult Team CPR (Rescuer Two Initiates)** (American Heart Association)

1. Manikin

**Procedure VIII: Two-Rescuer AED-CPR – Adult** (American Heart Association)

1. Manikin
2. AED

Event Flow Chart



## CPR/FIRST AID

Team #: \_\_\_\_\_

Judge's Signature: \_\_\_\_\_

Procedure I: Bleeding (Rescuer I)	Possible	Allocated
1. Surveyed the scene/secured environment. Moved the victim if absolutely necessary.	2	
2. Practiced standard precautions throughout procedure	3	
3. Checked for breathing, consciousness, verbal response	2	
4. Reassured victim; identified self and got consent to help	2	
5. Replied to Rescuer II's call for help	1	
6. Applied direct pressure to wound using thick dressing or sterile gauze.	2	
7. Elevated wound above level of heart if no fracture suspected, maintaining direct pressure to wound	2	
8. Applied pressure bandage to injury		
a. Applied additional dressings over the dressings already on the wound.	2	
b. Used roller bandage to hold dressings in place by wrapping the roller bandage around the dressings using overlapping turns	2	
c. Tied off ends of the bandage by placing the tie directly over the dressings	2	
d. Made sure pressure bandage is secure	1	
9. Checked to be sure bandage was not too tight by checking distal pulse or capillary refill	2	
* Judge states, " <i>Still bleeding</i> "		
10. Applied pressure to appropriate pressure point while continuing direct pressure and elevation	3	
* Judge states, " <i>Bleeding controlled</i> "		
11. Slowly released pressure on pressure point.	2	
* Judge states, " <i>No further bleeding.</i> "		
12. Slowly released direct pressure. If possible, maintained elevation.	2	
* Judge states, " <i>No further bleeding.</i> "		
13. Called Emergency Medical Services and stated:		
a. Where emergency was located	1	
b. Phone number calling from and caller's name	1	
c. What happened	1	
d. How many victims needed help	1	
e. Condition of victim	1	
f. Help being given	1	
g. Hang up last	1	
14. Rechecked bleeding; reassured victim	2	

Items Evaluated	Possible	Allocated
15. Treated for shock (as necessary)		
a. Placed in supine position unless contraindicated	2	
b. Elevated lower extremities 12" if no possibility of fracture or spinal injuries	2	
c. Covered victim with blanket	2	
d. Left serious injuries exposed for observation	2	
16. Changed gloves	1	
17. Assisted Rescuer II with CPR (Judge with rescuer I continues with rescuer I)	-	
18. Changed gloves	1	
19. Rechecked bleeding; reassured victim	2	
20. Initiate secondary survey a. Interviewed the victim - What happened? - Pain anywhere? - Allergies/medical conditions/medications?	3	
b. Checked vital signs - Problems breathing? - Checked pulse - Skin appearance and temperature	3	
21. Completed secondary survey: Head-to-toe exam: visually inspected, then asked victim to slowly move each body part if no pain occurs - Head	1	
- Neck	1	
- Shoulders	1	
- Chest and abdomen	1	
- Arms	1	
- Hips and legs	1	
22. Described findings of secondary survey to judge	3	
23. Rechecked bleeding site(s) * Judge states, "No further bleeding."	2	
24. Reassured victim until EMS arrived	2	
<b>TOTAL POINTS - PROCEDURE I</b>	<b>70</b>	

*\*\* If a competitor jeopardizes the patient's or his/her own safety or fails to perform a critical step and does not take immediate action to correct the error, the total points for the procedure or specific subpart(s) of the procedure will be deducted by the judge(s).*

## CPR/FIRST AID

Team #: \_\_\_\_\_

Judge's Signature: \_\_\_\_\_

Procedure II: Fracture (Rescuer I)	Possible	Allocated
1. Surveyed the scene/secured environment. Moved the victim if absolutely necessary.	2	
2. Practiced standard precautions throughout procedure	3	
3. Checked for breathing, consciousness, verbal response	2	
4. Reassured victim; identified self and got consent to help	2	
5. Replied to Rescuer II's call for help	1	
6. Called Emergency Medical Services and stated:		
a. Where the emergency was located	1	
b. Phone number calling from and caller's name	1	
c. What happened	1	
d. How many victims needed help	1	
e. Condition of victim	1	
f. Help being given	1	
g. Hung up last	1	
7. Covered open wounds with sterile dressing and bandage to control bleeding (if needed)	2	
8. Splinted fracture according to injury		
a. Minimal movement of injury	2	
b. Splinted injury in position found	2	
c. Positioned splints so that they did NOT apply pressure directly at the site of the injury	1	
d. Applied cravats properly		
1. Location and tightness	1	
2. Knots on outside of splint	1	
3. At least one fingernail/toe left visible	1	
e. Immobilized bones/joints above and below fracture site	2	
f. Slung/swathed if appropriate	2	
g. Used thick dressings, cloths, towels or other similar materials to pad the splints, making sure body areas are protected and avoided direct contact between the splint material and the skin.	2	
h. Checked distal circulation after completion of splinting * Judge states, "Pulse is present."	2	

Items Evaluated	Possible	Allocated
9. Treated for shock (as necessary)		
a. Placed in supine position unless contraindicated	2	
b. Elevated lower extremities if no possibility of fractures or spinal injuries	2	
c. Covered victim with blanket	2	
d. Left serious injuries exposed for observation	2	
e. Reassured victim	2	
10. Applied towel-covered ice/cold packs to fracture site or surrounding area (avoided putting pack over open fracture site)	2	
11. Changed gloves	1	
12. Assisted Rescuer II with CPR	-	
13. Changed gloves	1	
14. Initiates secondary survey: a. Interviewed the victim - What happened? - Pain anywhere? - Allergies/medical conditions/medications?	3	
b. Checked vital signs - Breathing problems? - Checked pulse - Skin appearance and temperature	3	
15. Completed secondary survey: Head-to-toe exam: visually inspected, then asked victim to slowly move each body part if no pain occurs - Head	1	
- Neck	1	
- Shoulders	1	
- Chest and abdomen	1	
- Arms	1	
- Hips and legs	1	
16. Described findings of secondary survey to judge	3	
17. Rechecked injury sites	2	
18. Reassured victim until help arrived	2	
<b>TOTAL POINTS - PROCEDURE II</b>	<b>68</b>	

*\*\* If a competitor jeopardizes the patient's or his/her own safety or fails to perform a critical step and does not take immediate action to correct the error, the total points for the procedure or specific subpart(s) of the procedure will be deducted by the judge(s).*

## CPR/FIRST AID

Team #: \_\_\_\_\_

Judge's Signature: \_\_\_\_\_

<b>Procedure III: Burns - (Rescuer I)</b>	<b>Possible</b>	<b>Allocated</b>
1. Surveyed the scene/secured environment. Moved the victim if absolutely necessary.	2	
2. Practiced standard precautions throughout procedure	3	
3. Checked for breathing, consciousness, verbal response	2	
4. Reassured victim; identified self and got consent to help	2	
5. Replied to Rescuer II's call for help	1	
6. Checked the burned area carefully to determine the type of burn and treated for the most severe type of burn present.	2	
7. Called Emergency Medical Services and stated:		
a. Where the emergency was located	1	
b. Phone number calling from and caller's name	1	
c. What happened	1	
d. How many victims need help	1	
e. Condition of victim	1	
f. Help being given	1	
g. Hung up last	1	
8. <b>FOR A FIRST-DEGREE OR MILD SECOND-DEGREE BURN</b>		
a. Cooled the burn by flushing it with large amounts of cool water. If this is not possible, apply clean or sterile cloths that are cold and wet.	2	
b. Used sterile gauze to gently blot the injured area dry	2	
c. Applied dry, sterile dressing to the burned area – using non-stick dressing if possible	2	
d. If possible, elevated the burned area to reduce swelling	2	
9. <b>FOR SEVERE SECOND-DEGREE OR ANY THIRD-DEGREE BURN</b>	2	
a. Used thick, sterile dressings to cover the injured area		
b. Did NOT attempt to remove any particles of clothing that have stuck to burned area	2	
c. Elevated hands, feet, legs or arms if affected	2	
d. Elevated the head if victim has burns on the face or is experiencing difficulty breathing	2	
<i>Judges note: Competitor should only treat for one of the 2 burn scenarios in steps 8 or 9. Please score either step 8 or step 9.</i>	-	

Items Evaluated	Possible	Allocated
10. Treated for shock a. Placed in supine position unless contraindicated	2	
b. Elevated lower extremities if no possibility of fractures or spinal injuries	2	
c. Covered victim with blanket	2	
d. Left serious injuries exposed for observation	2	
11. Reassured victim	2	
12. Changed gloves	1	
13. Assisted Rescuer II with CPR	-	
14. Changed gloves	1	
15. Initiated secondary survey a. Interviewed the victim -What happened? -Pain anywhere? -Allergies/medical conditions/medications?	3	
b. Checked vital signs -Problems breathing? -Checks pulse -Skin appearance and temperature	3	
16. Completed secondary survey: Head-to-toe exam: visually inspected, then asked victim to slowly move each body part if no pain occurs - Head	1	
- Neck	1	
- Shoulders	1	
- Chest and abdomen	1	
- Arms	1	
- Hips and legs	1	
17. Described findings of secondary survey to judge	2	
18. Rechecked injury sites	2	
19. Reassured victim until help arrived	2	
<b>TOTAL POINTS -- PROCEDURE III</b>	<b>57</b>	

*\*\* If a competitor jeopardizes the patient's or his/her own safety or fails to perform a critical step and does not take immediate action to correct the error, the total points for the procedure or specific subpart(s) of the procedure will be deducted by the judge(s).*

## CPR/FIRST AID

Team #: \_\_\_\_\_

Judge's Signature: \_\_\_\_\_

Procedure IV: Heat Exposure - (Rescuer I)	Possible	Allocated
1. Surveyed the scene/secured environment. Moved the victim if absolutely necessary.	2	
2. Practiced standard precautions throughout procedure	3	
3. Checked for breathing, consciousness, verbal response	2	
4. Reassured victim; identified self and got consent to help	2	
5. Replied to Rescuer II's call for help	1	
6. Called Emergency Medical Services and stated:		
a. Where the emergency was located	1	
b. Phone number calling from and caller's name	1	
c. What happened	1	
d. How many victims need help	1	
e. Condition of victim	1	
f. Help being given	1	
g. Hung up last	1	
7. Observed victim closely for signs and symptoms of heat exposure. Information may be obtained directly from victim or observers.	2	
8. Correctly verbalized to judge if victim has heat cramps, heat exhaustion, or heat stroke.	3	
9. <b>IF VICTIM HAS HEAT CRAMPS:</b>	2	
a. Used hand to apply firm pressure to cramped muscle(s)		
b. Encouraged relaxation.	2	
c. Allowed victim to lie down in cool area, if possible	2	
d. If victim is alert and conscious and is not nauseated or vomiting, gave small sips of cool water, approximately 4 ounces every 15 minutes.	2	
e. If victim complains of nausea or vomiting, discontinue water.	2	
10. <b>IF VICTIM HAS HEAT EXHAUSTION:</b>	2	
a. Moved the victim to a cool area (if possible) and helped the victim lie down flat on the back with feet and legs elevated 12"		
b. Loosened any tight clothing, removing excess clothing such as jackets or sweaters.	2	
c. Applied cool, wet cloths to the victim's face	2	
d. If victim is alert and conscious and is not nauseated or vomiting, gave small sips of cool water, approximately 4 ounces every 15 minutes.	2	
e. If victim complains of nausea or vomiting, discontinue water.	2	

Items Evaluated	Possible	Allocated
11. <b>IF VICTIM HAS HEAT STROKE:</b>	2	
a. Immediately move the victim to a cool area if at all possible.		
b. Help the victim to lie down flat on the back with feet and legs elevated 12"	2	
c. Remove excessive clothing	2	
d. Sponge the bare skin with cool water or place ice or cold packs on the victims wrists, ankles, and in the axillary and groin areas	2	
e. If vomiting occurs, position the victim on his or her side and watch for signs of difficulty breathing	2	
<i>Judges note: Competitor should only treat for one of the 3 conditions in steps 9, 10 or 11. Please score only one step and only if it was the proper treatment.</i>	-	
12. Reassured victim as treatment was provided	2	
13. Changed gloves	1	
14. Assisted Rescuer II with CPR	-	
15. Changed gloves	1	
16. Initiated secondary survey		
a. Interviewed the victim -What happened? -Pain anywhere? -Allergies/medical conditions/medications?	3	
b. Checked vital signs -Problems breathing? -Checks pulse -Skin appearance and temperature	3	
17. Completed secondary survey: Head-to-toe exam: visually inspected, then asked victim to slowly move each body part if no pain occurs		
- Head	1	
- Neck	1	
- Shoulders	1	
- Chest and abdomen	1	
- Arms	1	
- Hips and legs	1	
18. Described findings of secondary survey to judge	2	
18. Repeated appropriate treatment options (water, cool wet cloths, etc.)	2	
19. Reassured victim until help arrived	2	
<b>TOTAL POINTS -- PROCEDURE IV</b>	<b>54</b>	

\*\* If a competitor jeopardizes the patient's or his/her own safety or fails to perform a critical step and does not take immediate action to correct the error, the total points for the procedure or specific subpart(s) of the procedure will be deducted by the judge(s).

## CPR/FIRST AID

Team #: \_\_\_\_\_

Judge's Signature: \_\_\_\_\_

<b>Procedure V:</b>	<b>Choking: Responsive Infant Becomes Unresponsive (Rescuer II Initiates)</b>	<b>Possible</b>	<b>Allocated</b>
1.	Surveyed the scene/secured environment	2	
2.	Practiced standard precautions throughout procedure	3	
3.	Determined severe airway obstruction	2	
4.	Called for Rescuer I to activate EMS system	1	
5.	Knelt or sat with infant in lap.	2	
6.	Removed or moved clothing to bare infant's chest.	2	
7.	Held infant prone (facedown) with the head slightly lower than the chest, resting on the forearm. Supported the infant's head and jaw with the hand, resting forearm on the lap or thigh to support the infant.	2	
8.	Delivered up to 5 back slaps forcefully in the middle of the back between the infant's shoulder blades, using the heel of your hand.	2	
9.	Delivered each slap with sufficient force to attempt to dislodge the foreign body.	2	
10.	After delivering up to 5 back slaps, placed free hand on infant's back, supporting the back of the infant's head with the palm of the hand.	2	
11.	Turned the infant as a unit while carefully supporting the head and neck.	2	
12.	Held the infant on his back with your forearm resting on your thigh, keeping the infant's head lower than the trunk.	2	
13.	Provided up to 5 quick downward chest thrusts in the same location as chest compressions – just below the nipple line – at a rate of about 1 per second, each with the intention of creating enough of an "artificial cough" to dislodge the foreign body.	3	
14.	Repeated the sequence of up to 5 back slaps and up to 5 chest thrusts until the object is removed or the infant becomes unresponsive. * Judge states, " <i>Infant unresponsive</i> "	2	
15.	Placed the infant on a firm, flat surface.	2	
16.	Opened airway with a head tilt-chin lift and looked for an object in the pharynx. * Judge states, " <i>No visible object.</i> "	2	
17.	Assessed breathing by placing your ear near the infant's mouth and nose, and observing the infant's chest, taking at least 5 seconds and no more than 10 seconds. * Judge states, " <i>Not breathing</i> "	2	
18.	Gave 2 breaths (1 second each) using a barrier device while watching for the victim's chest to rise. * Judge states, " <i>Both breaths were unsuccessful</i> "	2	

Items Evaluated	Possible	Allocated
19. Drew an imaginary line between the nipples and placed 2 fingers on the breastbone just below this imaginary line. (Avoided placing fingers on the xiphoid process.)	2	
20. Delivered chest compressions by pressing the infant's breastbone down about 1/3 to 1/2 the depth of the chest, then completely releasing the pressure on the breastbone to allow the chest to re-expand completely.	2	
21. Delivered 30 compressions in a smooth fashion at a rate of 100 compressions per minute.	2	
22. Opened the infant's airway and looked for an object in the pharynx. * Judge states, " <i>No visible object.</i> "	2	
23. Began CPR cycles of 30 compressions to 2 breaths, looking for the obstructing object in the back of the throat each time you open the airway. * After 2-4 cycles, Judge states, " <i>Object is visible in pharynx.</i> "	2	
24. Verbalizes removal of object, then checked for breathing. * Judge states, " <i>The infant is not breathing.</i> "	2	
25. Continued CPR cycles of 30 compressions to 2 breaths until entry of Rescuer I.	2	
26. Responded to entry of Rescuer I: a. Completed cycle with 2 breaths	2	
b. Gave clear signal for Rescuer I to assist with CPR	2	
27. Interposed 2 breaths properly at every 15 <sup>th</sup> compression, coordinating breaths with compressions to avoid simultaneous delivery and ensuring adequate ventilation and chest expansion.	2	
28. Responded to call for switch after 5 cycles or 2 minutes, taking less than 5 seconds to switch	2	
a. Moved to chest as partner moved to head and checked pulse	2	
b. Placed hands properly using 2 thumb-encircling hand technique.	2	
c. Began compressions after Rescuer I stated "Resume compressions"	2	
29. Compressed at 15:2 ratio pausing to allow breaths at correct time (rate, 100 compressions per minute)	2	
30. Called for a switch after 5 cycles. Said "Change, two, three, four, five."	2	

Items Evaluated	Possible	Allocated
31. Interposed breaths properly until: * Judge states, "Stop CPR – Victim is breathing normally and has signs of circulation."	2	
32. Rescuer I returns infant to Rescuer II	-	
33. Rescuer I returned to first aid victim	-	
34. Rescuer II monitored infant's breathing and circulation until EMS arrived	2	
<b>TOTAL POINTS - PROCEDURE V</b>	<b>71</b>	

*\*\* If a competitor jeopardizes the patient's or his/her own safety or fails to perform a critical step and does not take immediate action to correct the error, the total points for the procedure or specific subpart(s) of the procedure will be deducted by the judge(s).*

## CPR/FIRST AID

Team #: \_\_\_\_\_

Judge's Signature: \_\_\_\_\_

Procedure V:	Choking: Responsive Infant Becomes Unresponsive (Rescuer I)	Possible	Allocated
1.	After changing gloves, Rescuer I stated, "I can assist you in CPR."	2	
2.	Prepared for compressions with Rescuer II		
	a. Moved to chest and assumed correct body position	2	
	b. Placed hands using two-thumb encircling hands technique.	2	
3.	Delivered 15 chest compressions:		
	a. Pressed the infants breastbone down about 1/3 to 1/2 the depth of the chest	2	
	b. Counted out loud "one, two, three, ... "	2	
	c. Rate 100 compressions/minute	2	
	d. Allowed the chest to return to its normal position after each compression	2	
	e. Paused for ventilation after each 15 <sup>th</sup> compression	2	
4.	After 5 cycles, called for change of position	2	
5.	Moved to head and stated "resume compressions" (Took less than 5 seconds to make the switch.)	2	
6.	<b>Simulated ventilation</b> with face shield, mouth-to-mask device or bag-mask.	2	
	a. Used head-tilt/chin-lift or jaw thrust to open the airway		
	b. Verbalized ventilation after each 15 <sup>th</sup> compression	2	
7.	Responded to change and moved to chest to resume compression	2	
8.	Resumed compression ratio of 15:2	2	
9.	Continued CPR cycles (5 cycles) until: * Judge states, "Stop CPR– Victim is breathing normally and has signs of circulation."	2	
10.	Returned to first aid victim	-	
<b>TOTAL POINTS – PROCEDURE V (RESCUER I)</b>		<b>30</b>	

\*\* If a competitor jeopardizes the patient's or his/her own safety or fails to perform a critical step and does not take immediate action to correct the error, the total points for the procedure or specific subpart(s) of the procedure will be deducted by the judge(s).

## CPR/FIRST AID

Team #: \_\_\_\_\_

Judge's Signature: \_\_\_\_\_

<b>Procedure VI:</b>	<b>Obstructed Airway: Conscious Adult Becomes Unconscious (Rescuer II Initiates)</b>	<b>Possible</b>	<b>Allocated</b>
1.	Surveyed the scene/secured environment	2	
2.	Practices standard precautions throughout procedure	3	
3.	Assessed to determine if victim was choking by asking "Are you choking?" and "Can you speak?"	2	
4.	Reassured victim; identifies self and tells the victim "I am going to help."	2	
5.	Performed Abdominal Thrusts (chest thrusts if victim pregnant or obese)		
	a. Stood behind victim	1	
	b. Wrapped arms around victim's waist (chest)	1	
	c. Made a fist with one hand	1	
	d. Placed the thumb side of fist against victim's abdomen (chest), in the midline, slightly above the navel and well below the tip of the breastbone (nipple line area for chest thrust)	1	
	e. Grabbed fist with other hand, pressed fist into abdomen (chest) and simulated a quick upward thrust	3	
6.	Repeated simulated abdominal (chest) thrusts until: * Judge states, " <i>Victim unconscious</i> "	2	
7.	Eased victim to a supine position, then moved to the manikin	2	
8.	Shouted for help and communicates with Rescuer I to activate the emergency response system	2	
9.	Opened the airway and looked for the object	2	
10.	Judge states "No visible object."	-	
11.	Delivered two breaths using face shield, mouth-to-mask device or bag-mask.	1	
	a. Breaths were 1 second each	2	
	b. * Judge states, " <i>Both breaths were unsuccessful</i> "	-	

Items Evaluated	Possible	Allocated
12. Performed five (5) cycles of compressions and ventilations (30:2 ratio)		
a. Moved to chest and assumed correct body position	2	
Moved or removed all clothing covering the victim's chest in order to see the skin.	2	
b. Placed the heel of one hand on the center of the victim's bare chest between the nipples.	2	
c. Placed the heel of the other hand on top of the first hand.	2	
d. Elbows straight with fingers interlaced or extended and kept off the chest	2	
e. Aligned shoulders over sternum	2	
f. Vertical compressions; depth 1 ½" – 2"	2	
g. Smooth "50/50" compression release cycle	2	
h. Counted out loud "one, two, three,..."	2	
i. Rate: 100 compressions per minute	2	
j. Did not lift hands from the chest or change hand positions in any way during the compressions	2	
k. Allowed the chest to return to its normal position after each compression	2	
l. Used head tilt – chin lift to open airway and deliver breaths using a face shield, mouth-to-mask device or bag-mask.	2	
m. Breaths were 1 second each	2	
n. Each time the airway was opened to give breaths, opened the victim's mouth wide to look for the object.	2	
o. Delivered the correct ratio of cycles of compressions to ventilations.	2	
13. Continued CPR cycles of 30:2 beginning with chest compressions until entry of Rescuer I	3	
14. Responded to entry of Rescuer I:	2	
a. Completed cycle with 2 breaths		
b. Gave clear signal for Rescuer I to assist with CPR	2	
15. Opened the airway, looked for the object, then Interposed 2 breaths properly at every 30 <sup>th</sup> compression	2	
16. Responded to call for switch after 5 cycles or 2 minutes, taking less than 5 seconds to switch		
a. Moved to chest as partner moved to head and checked pulse	2	
b. Located landmark and placed hands properly	2	
c. Began compressions after Rescuer I stated "Resume compressions"	2	
17. Compressed at 30:2 ratio pausing to allow breaths at correct time (rate, 100 compressions per minute)	2	

Items Evaluated	Possible	Allocated
18. Called for a switch after 5 cycles. Said "Change, two, three, four, five."	2	
19. Said, "Resume compressions"	1	
20. Opened airway to look for the object. * Judge states, " <i>Object visible and removed.</i> "	2	
21. Provided two breaths.	1	
22. Checked for a pulse. * Judge states, " <i>Victim is breathing normally and has signs of circulation.</i> "	2	
23. Placed victim in the recovery position	2	
24. Performed visual secondary survey and monitored ABC's until EMS arrived	2	
<b>TOTAL POINTS -- PROCEDURE VI (RESCUER II)</b>	<b>90</b>	

\*\* If a competitor jeopardizes the patient's or his/her own safety or fails to perform a critical step and does not take immediate action to correct the error, the total points for the procedure or specific subpart(s) of the procedure will be deducted by the judge(s).

## CPR/FIRST AID

Team #: \_\_\_\_\_

Judge's Signature: \_\_\_\_\_

<b>Procedure VI: Obstructed Airway: Conscious Adult Becomes Unconscious (Rescuer I)</b>	<b>Possible</b>	<b>Allocated</b>
1. After changing gloves, Rescuer I stated, "I can assist you in CPR."	2	
2. Prepared for compressions with Rescuer II		
a. Moved to chest and assumed correct body position	2	
b. Landmark checked for hands to be placed over the sternum at the nipple line	2	
c. Placed the heel of the other hand on top of the first hand.	2	
d. Elbows straight with fingers interlaced or extended and kept off the chest	2	
e. Aligned shoulders over sternum	2	
3. Delivered 30 chest compressions:		
a. Vertical compressions; depth 1 ½" - 2"	2	
b. Smooth "50/50" compression-release cycle	2	
c. Counted out loud "one, two, three,..."	2	
d. Rate 100 compressions/minute	2	
e. Did not lift hands from the chest or change hand positions in any way during the compressions	2	
f. Allowed the chest to return to its normal position after each compression	2	
g. Paused for ventilation after each 30 <sup>th</sup> compression	2	
4. After 5 cycles, called for change of position	2	
5. Moved to head and stated "resume compressions"	2	
6. <b>Simulated ventilation</b> with face shield, mouth-to-mask device or bag-mask.	2	
a. Used head-tilt/chin-lift or jaw thrust to open the airway	2	
b. Verbalized ventilation after each 30 <sup>th</sup> compression	2	
7. Responded to change and moved to chest to resume compression	2	
8. Resumed compression ratio of 30:2	2	
9. Continued CPR cycles (10-12 cycles) until: * Judge states, "Victim is breathing normally and has signs of circulation."	2	
10. Returned to first aid victim	-	
<b>TOTAL POINTS -- PROCEDURE VI (RESCUER I)</b>	<b>40</b>	

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## CPR/FIRST AID

Team #: \_\_\_\_\_

Judge's Signature: \_\_\_\_\_

<b>Procedure VII: Adult CPR (Rescuer II Initiated)</b>	<b>Possible</b>	<b>Allocated</b>
1. Surveyed the scene/secured environment	2	
2. Practiced standard precautions throughout procedure	3	
3. Determined unresponsiveness: tap or gently shake the victim and shout "Are you all right?"	3	
4. Called for Rescuer I to activate EMS system	2	
5. Positioned victim in supine position on hard surface	2	
6. Opened airway using head tilt – chin lift or jaw thrust	2	
7. Determined breathlessness in 5-10 seconds (looked, listened, felt) * Judge , " <i>Not breathing</i> "	2	
8. Delivered two breaths using face shield, mouth-to-mask device or bag-mask.	1	
a. Breaths were 1 second each	2	
b. Observed chest rise and fall	1	
9. Assessed carotid pulse and signs of circulation in 5-10 seconds * Judge states, " <i>No pulse or signs of circulation</i> "	2	
10. Performed five (5) cycles of compressions and ventilations (30:2 ratio)		
a. Moved to chest and assumed correct body position	2	
b. Moved or removed all clothing covering the victim's chest in order to see the skin.	2	
c. Placed the heel of one hand on the center of the victim's bare chest between the nipples.	2	
d. Placed the heel of the other hand on top of the first hand.	2	
e. Elbows straight with fingers interlaced or extended and kept off the chest	2	
f. Aligned shoulders over sternum	2	
g. Vertical compressions; depth 1 ½" – 2"	2	
h. Smooth "50/50" compression release cycle	2	
i. Counted out loud "one, two, three,..."	2	
j. Rate: 100 compressions per minute	2	
k. Did not lift hands from the chest or change hand positions in any way during the compressions	2	
l. Allowed the chest to return to its normal position after each compression	2	
m. Used head tilt – chin lift to open airway and deliver breaths using a face shield, mouth-to-mask device or bag-mask.	2	
n. Breaths were 1 second each	2	
o. Delivered the correct ratio of cycles of compressions to ventilations.	2	

Items Evaluated	Possible	Allocated
11. Continued CPR cycles of 30:2 beginning with chest compressions until entry of Rescuer I	3	
12. Responded to entry of Rescuer I: a. Completed cycle with 2 breaths	2	
b. Gave clear signal for Rescuer I to assist with CPR	2	
13. Interposed 2 breaths properly at every 30 <sup>th</sup> compression	2	
14. Responded to call for switch after 5 cycles or 2 minutes, taking less than 5 seconds to switch	2	
a. Moved to chest as partner moved to head and checked pulse	2	
b. Located landmark and placed hands properly	2	
c. Began compressions after Rescuer I stated "Resume compressions"	2	
15. Compressed at 30:2 ratio pausing to allow breaths at correct time (rate, 100 compressions per minute)	2	
16. Called for a switch after 5 cycles. Said "Change, two, three, four, five."	2	
17. Interposed breaths properly until: * Judge states, "Stop CPR – Victim is breathing normally and has signs of circulation."	2	
18. Placed victim in the recovery position	2	
19. Performed visual secondary survey and monitored ABC's until EMS arrived	2	
<b>TOTAL POINTS - PROCEDURE VII (RESCUER II)</b>	<b>77</b>	

\*\* If a competitor jeopardizes the patient's or his/her own safety or fails to perform a critical step and does not take immediate action to correct the error, the total points for the procedure or specific subpart(s) of the procedure will be deducted by the judge(s).

## CPR/FIRST AID

Team #: \_\_\_\_\_

Judge's Signature: \_\_\_\_\_

Procedure VII: Adult CPR (Rescuer I)	Possible	Allocated
1. After changing gloves, Rescuer I stated, "I can assist you in CPR."	2	
2. Prepared for compressions with Rescuer II		
a. Moved to chest and assumed correct body position	2	
b. Landmark checked for hands to be placed over the sternum at the nipple line	2	
c. Placed the heel of the other hand on top of the first hand.	2	
d. Elbows straight with fingers interlaced or extended and kept off the chest	2	
e. Aligned shoulders over sternum	2	
3. Delivered 30 chest compressions:		
a. Vertical compressions; depth 1 ½" - 2"	2	
b. Smooth "50/50" compression-release cycle	2	
c. Counted out loud "one, two, three,..."	2	
d. Rate 100 compressions/minute	2	
e. Did not lift hands from the chest or change hand positions in any way during the compressions	2	
f. Allowed the chest to return to its normal position after each compression	2	
g. Paused for ventilation after each 30 <sup>th</sup> compression	2	
4. After 5 cycles, called for change of position	2	
5. Moved to head and stated "resume compressions"	2	
6. <b>Simulated ventilation</b> with face shield, mouth-to-mask device or bag-mask.	2	
a. Used head-tilt/chin-lift or jaw thrust to open the airway	2	
b. Verbalized ventilation after each 30 <sup>th</sup> compression	2	
7. Responded to change and moved to chest to resume compression	2	
8. Resumed compression ratio of 30:2	2	
9. Continued CPR cycles (5 cycles) until: * Judge states, "Stop CPR– Victim is breathing normally and has signs of circulation."	2	
10. Returned to first aid victim	-	
<b>TOTAL POINTS – PROCEDURE VII (RESCUER I)</b>	<b>40</b>	

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## CPR/FIRST AID

Team #: \_\_\_\_\_

Judge's Signature: \_\_\_\_\_

**R1 = Rescuer 1**

**R2 = Rescuer 2**

**All other steps – either or both rescuers to perform**

**Note: Reasonable variations in the sequence of steps are acceptable.**

Procedure VIII: Two-Rescuer AED-CPR – Adult Victim		Possible	Allocated
1.	Survey the scene/secured environment	2	
2.	Practice standard precautions throughout procedure	3	
3.	R2: Determine unresponsiveness: tap or gently shake the victim and shout	3	
4.	R2: Direct colleague to activate emergency response system and get AED	1	
5.	R1: Call 911 to activate EMS system and get AED	2	
6.	R2: Position victim in supine position on hard surface	2	
7.	R2: Open airway using head-tilt/chin-lift or jaw thrust	2	
8.	R2: Determine breathlessness (looked, listened, felt) * Judge states, " <i>Not breathing</i> "	2	
9.	R2: Deliver two breaths using a face shield, mouth-to-mask device or bag-mask.	1	
	a. Breaths were 1 second each	2	
	b. Observe chest rise and fall	1	
10.	R2: Assess carotid pulse and signs of circulation in 5-10 seconds * Judge states, " <i>No pulse or signs of circulation</i> "	2	
11.	R2: Perform chest compressions:		
	a. Move to chest, remove clothing covering victim's chest and assume correct body position	2	
	b. Placed the heel of one hand on the center of the victim's bare chest between the nipples.	2	
	c. Placed the heel of the other hand on top of the first hand.	2	
	d. Elbows straight with fingers interlaced or extended and kept off chest	2	
	e. Aligned shoulders over sternum	2	
	f. Vertical compressions; depth 1 ½" – 2"	2	
	g. Smooth "50/50" compression release cycle	2	
	h. Counted out loud "one, two, three,..."	2	
	i. Rate: 100 compressions per minute	2	
	j. Did not lift hands from the chest or change hand positions in any way during the compressions	2	
	k. Allowed the chest to return to its normal position after each compression	2	
12.	R2: Perform cycles of 30 compressions and 2 breaths at 100 compressions per minute until AED arrives	2	
13.	R1: Place the AED at the victim's side near the rescuer who will be operating it, opposite R2 who is performing CPR	2	
14.	R1: POWER ON the AED	2	

Items Evaluated	Possible	Allocated
15. R1: Attach the AED to the victim a. Attach the AED to the AED connecting cables (if cables are preconnected, check to assure connection intact)	2	
b. Attach the AED connecting cables to the adhesive electrode pads (if pads are preconnected, check to assure connection intact)	2	
c. Attach the adhesive electrode pads to the victim's bare chest (or verbalized correct pad placement)	2	
d. Ask R2 to interrupt chest compressions just before attaching pads	2	
16. R2: Stops chest compressions and assists as needed with pad attachment	2	
17. R1: Analyze rhythm:	2	
a. Clear the victim before and during analysis		
b. Check that no one is touching the victim	2	
c. Press the ANALYZE button (some brands of AEDs do not require this step.)	2	
18. R1: "Shock Indicated" message		
a. Clear the victim once more before pushing the shock button ("I'm clear, you're clear, everybody's clear")	2	
b. Check that no one is touching the victim	2	
c. Press the SHOCK button	2	
d. Resume CPR	2	
19. * Judge states, "Victim has signs of circulation."	-	
20. R2: Check breathing * Judge states, "Breathing is adequate."	2	
21. R2: Place victim in recovery position with the AED attached.	2	
22. R1: Return to first aid victim (if needed)	1	
23. R2: Perform visual secondary survey and monitor ABC's until EMS arrives * Judge states, "EMS has arrived."	2	
24. Interval from AED arrival to first shock is less than 90 seconds.	2	
<b>TOTAL POINTS - PROCEDURE VIII</b>	<b>84</b>	

\*\* If a competitor jeopardizes the patient's or his/her own safety or fails to perform a critical step and does not take immediate action to correct the error, the total points for the procedure or specific subpart(s) of the procedure will be deducted by the judge(s).

**Note: Variations in AED equipment should be taken into consideration when using this rating tool to evaluate student performance. Adjustments to this rating sheet should support fair and equal treatment of all competitors.**