



CPR/FIRST AID

Purpose: To provide the Health Science student with an opportunity to develop and demonstrate knowledge and skills in team first aid and basic life support for healthcare providers.

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). 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 and will be used as a part of the final score for the event.

Round One: **Written Test Plan**

Anatomy and Physiology	15%
Basic Life Support for Healthcare Providers.....	40%
• General Concepts	
• BLS/CPR for Adults, Children and Infants	
• AED for Adults, Children and Infants	
• CPR with Advanced Airway	
• Mouth-to-Mouth/Rescue Breathing	
• Relief of Choking	
First Aid	45%
• Basics	
• Medical Emergencies	
• Injury Emergencies	
• Environmental Emergencies	

- 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.
 - American Heart Association, *Heartsaver First Aid CPR AED*. Latest edition.
 - Simmers, Louise. *Diversified Health Occupations*, Delmar Publishing, 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 First Aid procedure and one BLS procedure. Rescuer 1 initiates the first aid procedure while Rescuer 2 initiates the BLS procedure. After the first aid victim has been treated, Rescuer 1 will assist Rescuer 2.

First Aid Procedures – Rescuer 1 Initiated

Procedure I:	Severe Bleeding and Shock
Procedure II:	Choking
Procedure III:	Compound Fracture and Splinting
Procedure IV:	Severe Burns
Procedure V:	Heat-Related Emergency

BLS for Healthcare Providers – Rescuer 2 Initiated

Procedure VI:	Adult BLS/CPR
Procedure VII:	Adult BLS/CPR (Rescuer 1 Assists)
Procedure VIII:	Adult BLS with AED
Procedure IX:	Adult BLS with AED (Rescuer 1 Assists)

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. Competitors should follow the steps on the rating sheet unless the highest standard of care required differs from the steps on the rating sheet. Judges will know when the treatment of victims/patients differs slightly from the rating sheet and when the competitors provide medically acceptable care, and will award points accordingly.

It is understood that in some situations, Rescuer 1 may need to break with the sequence of caring for the first aid victim in order to assist Rescuer 2 in a timely and appropriate manner. In such circumstances, Rescuer 1 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 for healthcare providers. 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 have first aid certification
 - b. The judge for the BLS/AED skills should be AHA instructor certified
 - 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 event assistants per section
6. One patient 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. Written scenario (one copy per team and judge)
 3. Note pads and pencils for judges
 4. Competitor Participation Certificate for all who complete Round One.
 5. Event evaluations and pencils
 6. Stopwatch
 7. Moulage supplies (as required by the scenario)
 8. Assorted props, which may include pillows and/or blankets
 - *** 9. Print copy of the event guidelines for the event orientation (one per team)
- 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 in a first aid kit or bag

- *** 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 trauma dressing (ABD)
- *** 5. Adhesive tape
- *** 6. Mouth-to-mask device AND Bag-Mask device
- *** 7. Biohazard bag
- *** 8. Hand sanitizer
- *** 9. Cell phone (for simulating 911 call)
- *** 10. One pair of scissors
- *** 11. Adhesive tape
- *** 12. PPE: 10 pair of gloves, 2 sets of goggles or safety glasses

*** Teams have the option of bringing one kit per person or one kit per team - and should ONLY bring the materials listed above.**

HOSA will provide the following:

All Procedures: Materials, supplies, props, written scenario appropriate to the setting and circumstances, and victim/judge scripts that are specific to the scenario.

Procedure I Severe Bleeding and Shock (*Heartsaver First Aid CPR AED, AHA 2011*)

1. Moulage or latex bleeding wound

Procedure II Choking (*BLS for Healthcare Providers, AHA 2011*)

1. Pillow for victim – the person playing the role of the victim should wear a pillow under his/her shirt for protection, in the unlikely event that the competitor actually performs an abdominal thrust. It should be made clear to the competitor that the victim is NOT obese or pregnant.

Procedure III Compound Fracture and Splinting (*Heartsaver First Aid CPR AED, AHA 2011*)

1. Moulage or latex fracture/wound
2. Cold pack or bag and ice
2. Towel
3. Props or devices that can be used for splinting

Procedure IV Severe Burns (*Heartsaver First Aid CPR AED, AHA 2011*)

1. Water and paper cups OR bottled water
2. Ice packs
3. Basin

Procedure V Heat-Related Emergency (*Heartsaver First Aid CPR AED, AHA 2011*)

1. Cool water spray bottle
2. Water
3. Juice or sports drink

Procedures VI and VII: Adult BLS/CPR (*BLS for Healthcare Providers, AHA 2011*)

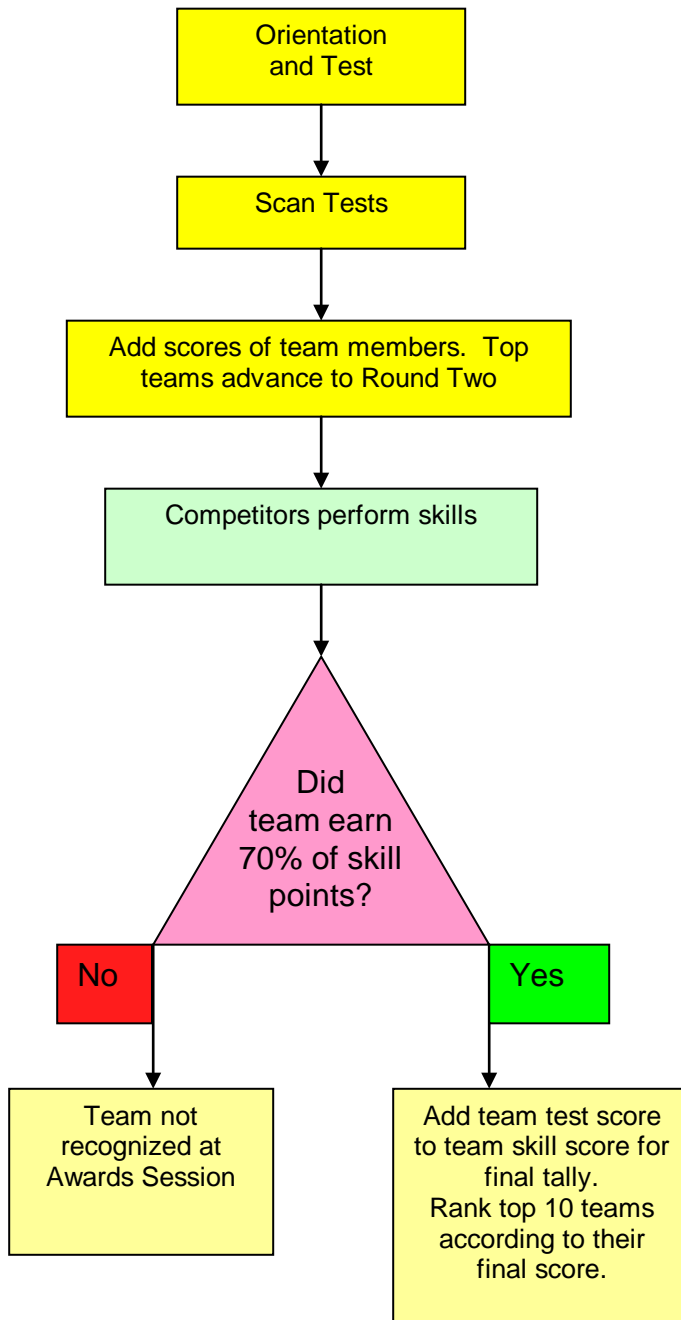
1. Manikin

Procedure VIII and IX: Adult BLS with AED (*BLS for Healthcare Providers, AHA 2011*)

1. Manikin
2. AED

*** Must be provided by student competitor

Event Flow Chart



CPR/FIRST AID – Rescuer 1

Team #: _____

Judge's Signature: _____

** NOTE TO JUDGES: Competitors should be given full credit for providing an acceptable standard of care, even if the order the skills performed by the competitor is different from the order presented on this rating sheet.*

Procedure I: Severe Bleeding and Shock	Possible	Awarded
1. Checked the scene to be sure it is safe.	2	
2. Opened first aid kit and put on PPE.	2	
3. Checked for responsiveness and breathing.	2	
4. Introduced self and asked for permission to help. <i>* Victim consents to treatment.</i>	2	
5. Quickly assessed the situation. (Asked what happened, noted bleeding.)	2	
6. Looked for medical information jewelry.	2	
7. Responded to Rescuer 2's call for help.	1	
8. Called Emergency Medical Services and stated:		
a. Caller's name, location and phone number.	1	
b. Situation, number and condition of both victim(s)	1	
c. Hung up when instructed to by dispatcher. (Verbalized that dispatcher told him/her it is OK to hang up.)	1	
9. Put a dressing on the wound and applied direct pressure. (Verbalized that direct pressure was maintained for at least one minute.)	2	
10. Slowly released direct pressure. <i>* Judge states, "Bleeding has not stopped."</i>	1	
11. Added more dressings and pressed harder. (Verbalized that direct pressure was maintained for at least one minute.)	2	
12. Slowly released direct pressure. <i>* Judge states, "No further bleeding."</i>	1	
13. Wrapped a bandage firmly over the dressing to hold the dressing in place. <i>* Judge states, "Victim's overall appearance is grayish, cold and clammy."</i>	2	
14. Treated victim for shock		
a. Helped the victim lie on his/her back.	1	
b. Covered the victim to keep him/her warm.	1	
15. Changed gloves	1	
16. Assisted Rescuer 2 with BLS <i>Judge will continue to evaluate Rescuer 1 using the appropriate BLS rating sheet, and will complete his/her evaluation using this rating sheet after the EMS arrives.</i>	1	

Items Evaluated	Possible	Awarded
Summary Steps		
17. Communicated with and reassured victim throughout the scenario and until EMS arrived.	2	
18. Gave information about victim to EMS rescuers.	2	
19. Removed gloves properly without touching the outside of the gloves with bare hands.	2	
20. Placed disposable PPE in a biohazard bag.	2	
21. Used hand sanitizer.	2	
TOTAL POINTS - PROCEDURE I	38	

CPR/FIRST AID – Rescuer 1

Team #: _____

Judge's Signature: _____

* *The victim will be standing and is NOT pregnant or obese.*

Procedure II: Choking		Possible	Awarded
1.	Observed a victim with signs of severe airway obstruction. (Verbalized, for the judges, the signs of severe airway obstruction that were observed.)	2	
2.	Asked the victim if he or she is choking. * <i>Victim nods head yes and cannot talk.</i>	2	
3.	Introduced self and asked for permission to help. * <i>Victim nods head yes and cannot talk.</i>	2	
4.	Stood behind the victim and wrapped arms around the victim's waist.	2	
5.	Made a fist with one hand.	1	
6.	Placed the thumb side of fist against the victim's abdomen, in the midline, slightly above the navel and well below the breastbone.	2	
7.	Grasped fist with other hand and SIMULATED pressing fist into the victim's abdomen with a quick, forceful upward thrust. (DO NOT actually perform an abdominal thrust on the victim for this scenario.)	3	
8.	Repeated thrusts (SIMULATED) until object is expelled from the airway, giving each new thrust with a separate, distinct movement to relieve the obstruction. * <i>Judge states, "Object is expelled."</i>	2	
9.	Called Emergency Medical Services and stated:		
a.	Caller's name, location and phone number.	1	
b.	Situation, number and condition of both victim(s)	1	
c.	Hung up when instructed to by dispatcher. (Verbalized that dispatcher told him/her it is OK to hang up.)	1	
10.	Opened first aid kit and put on PPE (or changed gloves).	2	
11.	Assisted Rescuer 2 with BLS <i>Judge will continue to evaluate Rescuer 1 using the appropriate BLS rating sheet, and will complete his/her evaluation using this rating sheet after the EMS arrives.</i>	1	
Summary Steps			
12.	Communicated with and reassured victim throughout the scenario.	2	
13.	Removed gloves properly without touching the outside of the gloves with bare hands.	2	
14.	Placed disposable PPE in a biohazard bag.	2	
15.	Used hand sanitizer.	2	
TOTAL POINTS - PROCEDURE II		30	

* *Note: This victim will not require EMS treatment or transport.*
CPR/First Aid Guidelines (January 2012)

CPR/FIRST AID – Rescuer 1

Team #: _____

Judge's Signature: _____

Procedure III: Open Fracture and Splinting	Possible	Awarded
1. Checked the scene to be sure it is safe.	2	
2. Opened first aid kit and put on PPE.	2	
3. Checked for responsiveness and breathing.	2	
4. Introduced self and asked for permission to help. <i>* Victim consents to treatment.</i>	2	
5. Quickly assessed the situation (asked the victim what happened), noting that the injured part is abnormally bent, and/or other findings.	2	
6. Looked for medical information jewelry.	2	
7. Responded to Rescuer 2's call for help.	1	
8. Called Emergency Medical Services and stated:		
a. Caller's name, location and phone number.	1	
b. Situation, number and condition of both victim(s).	2	
c. Hung up when instructed to by dispatcher. (Verbalized that dispatcher told him/her it is OK to hang up.)	1	
9. Covered open wound with a clean dressing.	1	
10. Put a plastic bag filled with ice and water, or a cold pack, on the injured area with a towel between the ice bag and the skin.	2	
11. Made a splint from appropriate available materials in the room that limited movement of the injury.	2	
12. Placed the splint so that it supported the joints above and below the injury. (As appropriate to the location of the injury.)	1	
13. Secured the splint to the injured body part so that it supported the injured area using tape, gauze or cloth to secure it.	2	
14. Avoided straightening the bent body part OR moving the broken bone that came through the skin. (As appropriate for the scenario.)	2	
15. Checked to be sure the splint was not too tight by putting two fingers between the splint and injured body part.	1	
16. Changed gloves	1	
17. Assisted Rescuer 2 with BLS <i>Judge will continue to evaluate Rescuer 1 using the appropriate BLS rating sheet, and will complete his/her evaluation using this rating sheet after the EMS arrives.</i>	1	
Summary Steps		
18. Communicated with and reassured victim throughout the scenario.	2	
19. Gave information about victim to EMS rescuers.	2	
20. Removed gloves properly without touching the outside of the gloves with bare hands.	2	
21. Placed disposable PPE in a biohazard bag.	2	
22. Used hand sanitizer.	2	
TOTAL POINTS - PROCEDURE III	40	

CPR/FIRST AID – Rescuer 1

Team #: _____

Judge's Signature: _____

Procedure IV: Severe Burns	Possible	Awarded
1. Checked the scene to be sure it is safe.	2	
2. Opened first aid kit and put on PPE.	2	
3. Checked for responsiveness and breathing.	2	
4. Introduced self and asked for permission to help. <i>* Victim consents to treatment.</i>	2	
5. Quickly assessed the situation. (Asked what happened, noted burn.)	2	
6. Looked for medical information jewelry.	2	
7. Responded to Rescuer 2's call for help.	1	
8. Called Emergency Medical Services and stated:		
a. Caller's name, location and phone number.	1	
b. Situation, number and condition of both victim(s)	1	
c. Hung up when instructed to by dispatcher. (Verbalized that dispatcher told him/her it is OK to hang up.)	1	
9. SEVERE SECOND-DEGREE OR ANY THIRD-DEGREE BURN		
a. Used dry, non-stick sterile dressing to cover the injured area	2	
b. Did NOT attempt to remove any particles of clothing stuck to burned area	1	
c. Elevated hands, feet, legs or arms if affected, or head if victim has burns on the face, or is experiencing difficulty breathing <i>* Judge states, "Victim's skin is grayish, cold and clammy."</i>	2	
10. Treated victim for shock		
a. Helped the victim lie on his/her back. (May be done at step 9.)	1	
b. Covered the victim to keep him/her warm.	1	
11. Changed gloves	1	
12. Assisted Rescuer 2 with BLS <i>Judge will continue to evaluate Rescuer 1 using the appropriate BLS rating sheet, and will complete his/her evaluation using this rating sheet after the EMS arrives.</i>	1	
Summary Steps	2	
13. Communicated with and reassured victim throughout the scenario.		
14. Gave information about victim to EMS rescuers.	2	
15. Removed gloves properly without touching the outside of the gloves with bare hands.	2	
16. Placed disposable PPE in a biohazard bag.	2	
17. Used hand sanitizer.	2	
TOTAL POINTS -- PROCEDURE IV	35	

CPR/FIRST AID – Rescuer 1

Team #: _____

Judge's Signature: _____

Procedure V: Heat-Related Emergency	Possible	Awarded
1. Checked the scene to be sure it is safe.	2	
2. Opened first aid kit and put on PPE.	2	
3. Checked for responsiveness and breathing.	2	
4. Introduced self and asked for permission to help. <i>* Victim consents to treatment.</i>	2	
5. Quickly assessed the situation. (Asked what happened.)	2	
6. Looked for medical information jewelry.	2	
7. Responded to Rescuer 2's call for help.	1	
8. Called Emergency Medical Services and stated:		
a. Caller's name, location and phone number.	1	
b. Situation, number and condition of both victim(s)	1	
c. Hung up when instructed to by dispatcher. (Verbalized that dispatcher told him/her it is OK to hang up.)	1	
9. Observed victim closely for signs and symptoms of heat exposure. Information may be obtained directly from victim or observers.	2	
10. Correctly verbalized to judge if victim has heat exhaustion or heat stroke.	2	
11. HEAT EXHAUSTION or HEAT STROKE:	2	
a. Had the victim lie down in a cool area (if possible).		
b. Removed as much of the person's clothing as possible.	2	
c. Cooled the person with a cool water spray or damp cloths on the forehead, neck and axilla. <i>* Judge states, "Victim is conscious."</i>	2	
d. Gave small sips of juice, sports drink, or water.	2	
e. If victim complained of nausea or vomiting, discontinued fluids.	2	
12. Changed gloves	1	
13. Assisted Rescuer 2 with BLS <i>Judge will continue to evaluate Rescuer 1 using the appropriate BLS rating sheet, and will complete his/her evaluation using this rating sheet after the EMS arrives.</i>	1	
Summary Steps	2	
14. Communicated with and reassured victim throughout the scenario.		
15. Removed gloves properly without touching the outside of the gloves with your bare hands.	2	
16. Placed disposable PPE in a biohazard bag.	2	
17. Used hand sanitizer.	2	
TOTAL POINTS -- PROCEDURE V	40	

CPR/FIRST AID – Rescuer 2

Team #: _____

Judge's Signature: _____

* This skill involves two healthcare providers in an isolated location. The rescuers have access to a first aid kit and cell phone, but there is no AED available.

Procedure VI: Adult BLS/CPR – Rescuer 2 Initiates		Possible	Awarded
1.	Surveyed the scene/secured environment	2	
2.	Opened first aid kit and put on PPE.	2	
3.	Determined unresponsiveness: tapped or gently shook shoulder, shouted "Are you OK?"	2	
4.	Checked to see if the victim is breathing. <i>* Judge states, "Not breathing." or "Not breathing normally."</i>	2	
5.	Shout to Rescuer 1 to activate the emergency response system and get AED/defibrillator. <i>* Judge states, "AED is not available."</i>	1	
6.	Pulse Check		
a.	Located the trachea using 2 or 3 fingers.	1	
b.	Slid fingers into the groove between the trachea and neck muscle to locate the carotid pulse.	1	
c.	Felt for pulse for at least 5 seconds but no more than 10 seconds. <i>* Judge states, "There is no pulse."</i>	2	
7.	Initial Chest Compressions (30)		
a.	Positioned self at the victim's side	1	
b.	Made sure victim is lying faceup on a firm, flat surface.	1	
c.	Put the heel of one hand on the center of the victim's chest on the lower half of the breastbone.	1	
d.	Put the heel of the other hand on top of the first hand.	1	
e.	With arms straight, positioned shoulders directly over his/her hands.	1	
f.	Pushed hard and fast (compressions at least 2", rate of at least 100/min.)	4	
g.	At the end of each compression, allowed the chest to recoil completely.	1	
8.	Initial Breaths (2)		
a.	Placed the mouth-to-mask device on the victim's face, using the bridge of the nose as a guide for correct position.	1	

Procedure VI: Adult BLS/CPR – Rescuer 2 (continued)		Possible	Awarded
b.	Sealed the mask on the victim’s face. <ul style="list-style-type: none"> Used the hand that is closer to the top of the victim’s head and placed index finger and thumb along the edge of the mask. Placed the thumb of his/her second hand along the bottom edge of the mask. 	1 1	
c.	Placed the remaining fingers of the second hand along the bony margin of the jaw and lifted the jaw.	1	
d.	Pushed with the hand on the victim’s forehead (the heel part of the hand) to tilt the head back.	1	
e.	While lifting the jaw, pressed firmly and completely around the outside edge of the mask (with the fingers) to seal the mask against the face.	1	
f.	Delivered two breaths over 1 second each to make the chest rise.	1	
9.	Continued cycles of 30 compressions and 2 breaths with minimal interruptions until Rescuer 1 arrives. Instructs Rescuer 1 to perform chest compressions.	3	
10.	Grabbed bag-mask and positioned self directly above the victim’s head.	2	
11.	Used the E-C clamp technique <ul style="list-style-type: none"> a. Performed a head tilt. b. Placed the mask on the victim’s face, using the bridge of the nose as a guide for correct position. c. Used the thumb and index finger of one hand to make a “C” on the side of the mask, pressing the edges of the mask to the face. d. Used the remaining fingers to lift the angles of the jaw (3 fingers form an “E”), open the airway, and press the face to the mask. 	1 1 1 1	
12.	Squeezed the bag to give two breaths after every 30 compressions for 1 second each.	2	
13.	Responded to Rescuer 1’s call to switch roles after five (5) cycles, taking less than 5 seconds to complete the switch and resume with chest compressions.	2	
14.	Performed chest compressions, counting aloud, using a compressions to breaths ratio of 30:2. <i>Judge states “EMS has arrived and has taken over care of the victim.”</i>	2	
15.	Gave information about victim to EMS rescuers.	2	
16.	Removed gloves properly without touching the outside of the gloves with bare hands.	2	
17.	Placed disposable PPE in a biohazard bag.	2	
18.	Used hand sanitizer.	2	
TOTAL POINTS – PROCEDURE VI		53	

CPR/FIRST AID – Rescuer 1

Team #: _____

Judge's Signature: _____

* This skill involves two healthcare providers in an isolated location. The rescuers have access to a first aid kit and cell phone, but there is no AED available.

Procedure VII: Adult BLS/CPR – Rescuer 1 Assists	Possible	Awarded
1. After changing gloves, stated, "I can assist you in CPR." and responded to Rescuer 2's instructions to take over chest compressions.	2	
2. Initial Chest Compressions (30)		
a. Positioned self at the victim's side	1	
b. Put the heel of one hand on the center of the victim's chest on the lower half of the breastbone.	1	
c. Put the heel of the other hand on top of the first hand.	1	
d. With arms straight, positioned shoulders directly over his/her hands.	1	
e. Pushed hard and fast (compressions at least 2", rate of at least 100/min.)	4	
f. At the end of each compression, allowed the chest to recoil completely.	1	
g. Counted compressions aloud.	2	
3. Called for Rescuer 2 to switch roles after five (5) cycles, taking less than 5 seconds to complete the switch and begin ventilation.	2	
4. Took bag-mask and positioned self directly above the victim's head.	2	
5. Used the E-C clamp technique		
e. Perform a head tilt.	1	
f. Placed the mask on the victim's face, using the bridge of the nose as a guide for correct position.	1	
g. Used the thumb and index finger of one hand to make a "C" on the side of the mask, pressing the edges of the mask to the face.	1	
h. Used the remaining fingers to lift the angles of the jaw (3 fingers form an "E"), open the airway, and press the face to the mask.	1	
6. Squeezed the bag to give two (2) breaths after every 30 compressions for 1 second each until: <i>Judge states "EMS has arrived and has taken over care of the victim."</i>	2	
7. Returned to First Aid victim to complete summary steps.	1	
TOTAL POINTS - PROCEDURE VII	24	

CPR/FIRST AID – Rescuer 2

Team #: _____

Judge's Signature: _____

Procedure VIII: Adult BLS with AED – Rescuer 2 Initiates		Possible	Awarded
1.	Surveyed the scene/secured environment	2	
2.	Opened first aid kit and put on PPE.	2	
3.	Determined unresponsiveness: tapped or gently shook shoulder, shouted "Are you OK?"	2	
4.	Checked to see if the victim is breathing. <i>* Judge states, "Not breathing." or "Not breathing normally."</i>	2	
5.	Shout to Rescuer 1 to activate the emergency response system and get AED/defibrillator.	1	
6.	Pulse Check		
a.	Located the trachea using 2 or 3 fingers.	1	
b.	Slid fingers into the groove between the trachea and neck muscle to locate the carotid pulse.	1	
c.	Felt for pulse for at least 5 seconds but no more than 10 seconds. <i>* Judge states, "There is no pulse."</i>	2	
7.	Initial Chest Compressions (30)		
a.	Positioned self at the victim's side	1	
b.	Made sure victim is lying faceup on a firm, flat surface.	1	
c.	Put the heel of one hand on the center of the victim's chest on the lower half of the breastbone.	1	
d.	Put the heel of the other hand on top of the first hand.	1	
e.	With arms straight, positioned shoulders directly over his/her hands.	1	
f.	Pushed hard and fast (compressions at least 2", rate of at least 100/min.)	4	
g.	At the end of each compression, allowed the chest to recoil completely.	1	
8.	Initial Breaths (2)		
a.	Placed the mouth-to-mask device on the victim's face, using the bridge of the nose as a guide for correct position.	1	
b.	Sealed the mask on the victim's face. <ul style="list-style-type: none"> • Used the hand that is closer to the top of the victim's head and placed index finger and thumb along the edge of the mask. • Placed the thumb of his/her second hand along the bottom edge of the mask. 	1 1	
c.	Placed the remaining fingers of the second hand along the bony margin of the jaw and lifted the jaw.	1	

Procedure VIII: Adult BLS with AED – Rescuer 2 (continued)		Possible	Awarded
d.	Pushed with the hand on the victim’s forehead (the heel part of the hand) to tilt the head back.	1	
e.	While lifting the jaw, pressed firmly and completely around the outside edge of the mask (with the fingers) to seal the mask against the face.	1	
f.	Delivered two breaths over 1 second each to make the chest rise.	1	
9.	Continued cycles of 30 compressions and 2 breaths with minimal interruptions until Rescuer 1 arrived with AED. Continued compressions while Rescuer 1 prepared AED.	3	
10.	Rescuer 1 – Turned on AED and applied pads and attached electrodes.	*	
11.	Rescuer 1 cleared victim and allowed AED to analyze.	*	
12.	Rescuer 2 moved to head to prepare for bag-mask ventilation.	1	
13.	Rescuer 1 – If AED indicated a shockable rhythm, cleared victim again and delivered shock.	*	
<i>The remaining steps are performed by Rescuer 2.</i>			
14.	If no shock is indicated or immediately after any shock is delivered, waited for Rescuer 1 to complete 30 chest compressions before delivering 2 breaths with bag mask.	2	
15.	Positioned self directly above the victim’s head, holding the bag-mask.	1	
16.	Used the E-C clamp technique		
a.	Performed a head tilt.	1	
b.	Placed the mask on the victim’s face, using the bridge of the nose as a guide for correct position.	1	
c.	Used the thumb and index finger of one hand to make a “C” on the side of the mask, pressing the edges of the mask to the face.	1	
d.	Used the remaining fingers to lift the angles of the jaw (3 fingers form an “E”), open the airway, and press the face to the mask.	1	
17.	Squeezed the bag to give two breaths after every 30 compressions for 1 second each.	2	
18.	Responded to Rescuer 1’s call to switch roles after five (5) cycles, taking less than 5 seconds to complete the switch and resume with chest compressions.	2	
19.	Performed chest compressions, counting aloud, using a compressions to breaths ratio of 30:2. <i>Judge states “EMS has arrived and has taken over care of the victim.”</i>	2	
20.	Gave information about victim to EMS rescuers.	2	
21.	Removed gloves properly without touching the outside of the gloves with bare hands.	2	
22.	Placed disposable PPE in a biohazard bag.	2	
23.	Used hand sanitizer.	2	
TOTAL POINTS – PROCEDURE VIII		55	

CPR/FIRST AID – Rescuer 1

Team #: _____

Judge's Signature: _____

Procedure IX: Adult BLS with AED – Rescuer 1 Assists	Possible	Awarded
1. After treating first aid victim and changing gloves, arrived with the AED.	1	
2. Rescuer 1 – Turned on AED and applied pads and attaches electrodes.	3	
3. Rescuer 1 cleared victim and allowed AED to analyze.	2	
4. Rescuer 2 moved to head to prepare for bag-mask ventilation.	*	
5. Rescuer 1 – If AED indicated a shockable rhythm, cleared victim again and delivered shock.	2	
6. If no shock is indicated and immediately after any shock is delivered, began chest compressions.	1	
a. Positioned self at the victim's side.	1	
b. Put the heel of one hand on the center of the victim's chest on the lower half of the breastbone.	1	
c. Put the heel of the other hand on top of the first hand.	1	
d. With arms straight, positioned shoulders directly over his/her hands.	1	
e. Pushed hard and fast (compressions at least 2", rate of at least 100/min.)	4	
f. At the end of each compression, allowed the chest to recoil completely.	1	
g. Counted compressions aloud.	2	
7. Called for Rescuer 2 to switch roles after five (5) cycles, taking less than 5 seconds to complete the switch and begin ventilation.	2	
8. Took bag-mask and positioned self directly above the victim's head.	2	
9. Used the E-C clamp technique		
a. Perform a head tilt.	1	
b. Placed the mask on the victim's face, using the bridge of the nose as a guide for correct position.	1	
c. Used the thumb and index finger of one hand to make a "C" on the side of the mask, pressing the edges of the mask to the face.	1	
d. Used the remaining fingers to lift the angles of the jaw (3 fingers form an "E"), open the airway, and press the face to the mask.	1	
10. Squeezed the bag to give two (2) breaths after every 30 compressions for 1 second each until: <i>Judge states "EMS has arrived and has taken over care of the victim."</i>	2	
11. Returned to First Aid victim to complete summary steps.	1	
TOTAL POINTS - PROCEDURE IX	34	

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.*