

# CERT SKILLS

## Community Emergency Response Team

- Purpose:** To provide Health Science students with an opportunity to develop and demonstrate knowledge and skills they will need to respond to their community’s immediate needs in the aftermath of a disaster, when emergency services are not immediately available.
- 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 during the orientation and written test. Competitors will wear business-casual attire (no jeans, shorts) with approved safety footwear during the skill procedure(s). Bonus points will be awarded for proper dress.
- Rules and Procedures**
1. 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.

This event is designed to align with the CERT (Community Emergency Response Team) national training program of FEMA. It is a program to prepare citizens (friends, families, neighbors, co-workers) to respond effectively in a disaster when first responders are not available.

HOSA members who are trained as first responders should participate in the CPR/First Aid or EMT events as noted in Rule #1 above.

2. 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

National Incident Management System (NIMS) .....	10%
Disaster Preparedness .....	16%
Treating Life Threatening Conditions .....	14%
Triage .....	10%
Disaster Medical Operations .....	28%
Light Search and Rescue Operations.....	12%
Disaster Psychology .....	10%
3. 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.

4. All official references are used in the development of the written test. The specific references selected for each procedure are from the CERT Curriculum.
- CERT Curriculum [http://www.citizencorps.gov/cert/training\\_mat.shtm](http://www.citizencorps.gov/cert/training_mat.shtm)
  - NIMS Curriculum IS-700a <http://training.fema.gov/emiweb/is/is700a.asp>

**Content Note:** Course content can be downloaded and printed for both the CERT and NIMS courses. CERT competitors at the HOSA National Leadership Conference should have completed a classroom-based FEMA CERT basic training course. For information about CERT training in your state or starting a CERT chapter, go to <https://www.citizencorps.gov/cc/listCouncil.do?submitByState&stateOnly>

5. Each team must consist of two members. The combined test score from Round One will be used to qualify the team for the Round Two skill procedures. The skill procedures approved for this event are:
- Procedure I: Treating Life-Threatening Conditions  
 Procedure II: Triage  
 Procedure III: Head-to-Toe Assessment  
 Procedure IV: Lifts and Carries
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 may be penalized.
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. Timing will begin when the team receives the scenario outside the demonstration room. Competitors will be stopped at the end of the time allowed. The maximum time for each skill takes into consideration the time needed to read the scenario. Note: Team members may verbalize/simulate the helmet and boots, and may don safety equipment prior to receiving the scenario.
10. Teams 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.
11. In case of a tie, the highest test score will be used to determine the rank.
12. Competitors must bring all items noted with \*\*\* in the materials section of these guidelines to the event.
13. Competitors must be familiar with and adhere to the **"General Rules and Regulations of the National HOSA Competitive Events Program."**

**Required Personnel**

1. One Event Manager per event
2. One Section Leader per section
3. Two judges per section (one judge for Procedure IV), CERT credentials preferred
4. Proctors for testing
5. One-two event assistants per section
6. Victims as required by the scenario (per section)
7. Timekeepers (if necessary)

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

1. Rooms or off-site locations for selected procedures
2. Holding rooms or areas for competitors (if off-site)
3. Calculators, note pads, pencils for judges
4. Stopwatch
5. Certificates for each competitor who completes Round One.
6. Event evaluations

**Equipment/Supplies to be Brought by Team****Disaster Kit**

- |     |    |   |
|-----|----|---|
| *** | 1. | Barrier supplies for each competitor:<br>Box of latex gloves<br>Goggles or safety glasses<br>2 dust masks<br>Helmet (may be simulated/verbalized)<br>Boots (may be simulated/verbalized)<br>4x4 dressings (2 per team member)<br>Pressure bandages<br>Scissors<br>Flashlights |
| *** | 2. | Watch with a second hand  |
| *** | 3. | Blankets (one per team member)  |
| *** | 4. | Victim tags (14) (note cards) and pen or marker   |
| *** | 5. | Plain paper (or note cards) for writing triage documentation and labeling treatment areas if needed   |
| *** | 6. | Masking tape  |
| *** | 7. | Clip board and spiral notebook (optional)   |
| *** | 8. | Print copy of the event guidelines for the event orientation (one per team).  |

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

- |                   |  |
|-------------------|--|
| <b>Round One:</b> | <b>Written Test</b> (Reference: all resources) |
|                   | 1. One pre-numbered test copy per competitor   |
|                   | 2. Scantron forms for each competitor.         |
| ***               | 3. Number 2 lead pencils                       |

**Round Two Skills:**

NOTE: Each skill is written to be performed as a "stand-alone" skill.

- |                    |   |
|--------------------|---|
| <b>Procedure I</b> | <b>Treating Life Threatening Conditions</b>   |
|                    | 1. Two victims – one manikin and one role player  |
|                    | 2. Moulage for bleeding victim  |
|                    | 3. Props consistent with the emergency setting, which may include items that can be used by the competitors in responding to the emergency. |
|                    | 4. Written scenario   |
|                    | 5. Victim script  |

**Procedure II****Triage**

1. Four to eight victims, can be manikins and/or role players
2. Letters for labeling each victim – A through H. Not all letters may be used. Letters are randomly assigned and are only used to identify victims to judges.
3. Moulage and/or injury condition cards for each victim
4. Props consistent with the emergency setting, which may include items that can be used by the competitors in responding to the emergency.
5. Written scenario
6. Victim script

**Procedure III****Head-to-Toe Assessment**

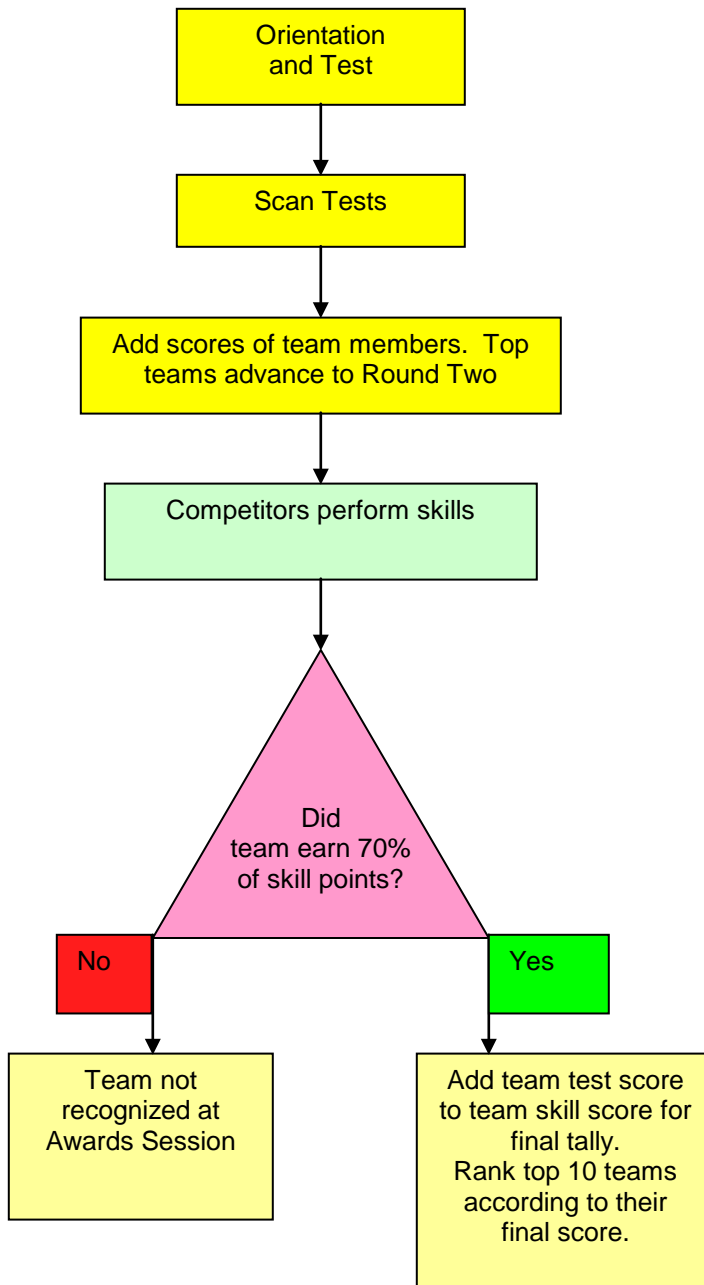
1. Two victims
2. Written scenario
3. Victim script

**Procedure IV****Lifts and Carries**

1. One victim who is small of stature
2. Chairs, tables, and assorted furniture
3. "Safe Area" sign
4. No scenario required – this skill is designed to have teams demonstrate their ability to perform all five lifts on the rating sheet as directed by the judges.
5. Judge script.

\*\*\* Must be provided by student competitor

## Event Flow Chart



## CERT SKILLS

Team #: \_\_\_\_\_ Section #: \_\_\_\_\_ Judge's Signature: \_\_\_\_\_

<b>Procedure I:</b>	<b>Treating Life-Threatening Conditions: Opening the Airway (Rescuer 1) ( 5 minutes)</b>	<b>Possible</b>	<b>Awarded</b>
1.	Donned safety equipment (helmet, goggles, gloves, mask and boots).	1	
2.	Surveyed the scene by doing a thorough size-up.	2	
3.	Identified an unconscious victim (manikin).	1	
4.	At arm's distance, shake the victim by touching the shoulder and shouting "Can you hear me?"  <i>* Judge states, "No response."</i>	2	
5.	Placed the palm of one hand on the forehead.	1	
6.	Placed two fingers of the other hand under the chin and tilted the jaw upward while lifting the head back slightly.	2	
7.	Placed ear over victim's mouth, looking toward the feet, and placed a hand on the victim's abdomen.	2	
8.	Looked for chest rise.	1	
9.	Listened for air exchange.	1	
10.	Felt for abdominal movement.  <i>* Judge states, "Attempt to open airway unsuccessful."</i>	1	
11.	Repeats steps 4 – 9.  <i>* Judges states, "Breathing has been restored" OR "Attempt to open airway unsuccessful."</i>	2	
12.	Correctly responded to breathing victim.  a. Maintained the airway by asking a volunteer to hold the head in place OR placing a soft object under the victim's shoulders to elevate the shoulder's slightly.  b. Treated for shock by elevating the feet 6-10" above the heart.  c. Covered the victim with a blanket or available covering.	2  1  1	
<b>OR</b>	Correctly responded to non-breathing victim by going to help partner and/or another victim.	4	
<b>TOTAL POINTS -- PROCEDURE I (Rescuer 1)</b>		<b>20</b>	

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

## CERT SKILLS

Team #: \_\_\_\_\_ Section #: \_\_\_\_\_ Judge's Signature: \_\_\_\_\_

<b>Procedure I:</b>	<b>Treating Life-Threatening Conditions: Controlling Bleeding (Rescuer 2) ( 5 minutes)</b>	<b>Possible</b>	<b>Awarded</b>
1.	Donned safety equipment (helmet, goggles, gloves, mask and boots).	1	
2.	Surveyed the scene by doing a thorough size-up.	2	
3.	Identified a victim with uncontrolled bleeding.	1	
4.	Identified self and reassured victim.	2	
5.	Placed direct pressure over the wound by putting a clean dressing over the wound and pressing firmly.	2	
6.	Maintained pressure on the dressing over the wound by wrapping with a pressure bandage.	2	
7.	Pressure bandage is wrapped firmly and tied with a bow.	2	
	<i>Judge states, "Victim's limb is turning blue."</i>		
8.	Reties pressure bandage to loosen.	2	
	<i>Judge states, "Wound is still bleeding."</i>		
9.	Elevates limb and applies pressure on pressure point while maintaining direct pressure on wound.	3	
10.	Maintains pressure for 30 seconds to 1 minute while calmly reassuring victim until:  <i>* Judge states, "Bleeding is controlled. Victim has begun rapid and shallow breathing."</i>	2	
11.	Checks capillary refill.  <i>* Judges states, "Capillary refill is greater than 2 seconds."</i>	2	
12.	Correctly treated for shock.		
	a. Placed covering under the victim and placed victim on his/her back.	1	
	b. Elevated the feet 6-10" above the heart.	1	
	c. Covered the victim with a blanket or available covering.	1	
<b>TOTAL POINTS -- PROCEDURE I (Rescuer 2)</b>		<b>24</b>	

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

## CERT SKILLS

Team #: \_\_\_\_\_ Section #: \_\_\_\_\_ Judge's Signature: \_\_\_\_\_

Procedure II:	Triage	(6-8 minutes)	Possible	Awarded
1.	Donned safety equipment (helmet, goggles, gloves, mask and boots).		1	
2.	Surveyed the scene by doing a thorough size-up.		1	
3.	Quickly verbalized consideration of their safety, capability, and limitations, and decided if they should approach the situation and how.		4	
4.	One rescuer called out "Emergency Response Team. If you can walk, come to the sound of my voice."		2	
5.	If there are any ambulatory survivors, asked them to wait in designated area.		2	
6.	Verbalized a systematic plan for evaluation, beginning with closest victim and working outward.		2	
7.	Evaluated each victim. <i>(Judges will use the Triage Treatment chart to score the treatment of each victim.)</i>		-	
8.	Treated "I" victims immediately.		2	
9.	Total points for treatment of Victim A.		___ max.	
10.	Total points for treatment of Victim B.		___ max.	
11.	Total points for treatment of Victim C.		___ max.	
12.	Total points for treatment of Victim D.		___ max.	
13.	Total points for treatment of Victim E.		___ max.	
14.	Total points for treatment of Victim F.		___ max.	
15.	Total points for treatment of Victim G.		___ max.	
16.	Total points for treatment of Victim H.		___ max.	
17.	Rescuer 1 changed gloves between each victim.		4	
18.	Rescuer 2 changed gloves between each victim.		4	
19.	Correctly documented location and status of each victim on paper		4	
<b>TOTAL POINTS -- PROCEDURE II</b>			*	

Time – Allow 6 minutes for 4 victims, 7 minutes for 6 victims, or 8 minutes for 8 victims.

\* Insert points possible for the scenario as written.

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## CERT SKILLS

Team #: \_\_\_\_\_ Section #: \_\_\_\_\_ Judge's Signature: \_\_\_\_\_

Rescuer  1  2

- This chart is to be used for evaluating the Triage skill. Each section will include 4 – 8 victims. There will be at least one of each category of victim.
- Each judge will have a copy of the chart and will evaluate one of the team members using this chart.
- Scores from this treatment chart will be transferred to the triage rating sheet for the team.
- Judges write N/A in Points Allocated box if that step is not required in treating the victim.

<b>Procedure II: Triage Treatment Chart</b>					
Victim Letter	Step	Procedure	Points Possible	Points Awarded	
	1	a. Checked airway/breathing, at arm's distance, shook the victim and shouted, or talked to victim.	1		
		b. If not responsive, positioned airway, "look, listen and feel", checked breathing rate. If responsive, moved to step #2.	1		
		c. If above 30 resp/min, treated for shock and tagged "I"	1		
		d. If below 30 resp/min, moved to step #2.	1		
		e. If victim not breathing after 2 attempts to open airway, tagged "DEAD."	1		
	2	a. Took immediate action to control severe bleeding.	1		
		b. Checked circulation using blanch test.	1		
		c. Treated for shock if indicated and tagged "I."	1		
	3.	a. Checked mental status by giving a single command such as "squeeze my hand." If follows command, tagged as "D."	1		
		b. If unable to respond, treated for shock and tagged "I."	1		
	<b>TOTAL POINTS FOR THIS VICTIM</b>			7 Max.	
		1	a. Checked airway/breathing, at arm's distance, shook the victim and shouted, or talked to victim.	1	
			b. If not responsive, positioned airway, "look, listen and feel", checked breathing rate. If responsive, moved to step #2.	1	
			c. If above 30 resp/min, treated for shock and tagged "I"	1	
			d. If below 30 resp/min, moved to step #2.	1	
e. If victim not breathing after 2 attempts to open airway, tagged "DEAD."			1		
2		a. Took immediate action to control severe bleeding.	1		
		b. Checked circulation using blanch test.	1		
		c. Treated for shock if indicated and tagged "I."	1		
3.		a. Checked mental status by giving a single command such as "squeeze my hand." If follows command, tagged as "D."	1		
		b. If unable to respond, treated for shock and tagged "I."	1		
<b>TOTAL POINTS FOR THIS VICTIM</b>			7 Max.		

Procedure II: Triage Treatment Chart – Page 2 Team Member _____					
Victim Letter	Step	Procedure	Points Possible	Points Awarded	
	1	a. Checked airway/breathing, at arm’s distance, shook the victim and shouted, or talked to victim.	1		
		b. If not responsive, positioned airway, “look, listen and feel”, checked breathing rate. If responsive, moved to step #2.	1		
		c. If above 30 resp/min, treated for shock and tagged “I”	1		
		d. If below 30 resp/min, moved to step #2.	1		
		e. If victim not breathing after 2 attempts to open airway, tagged “DEAD.”	1		
	2	a. Took immediate action to control severe bleeding.	1		
		b. Checked circulation using blanch test.	1		
		c. Treated for shock if indicated and tagged “I.”	1		
	3.	a. Checked mental status by giving a single command such as “squeeze my hand.” If follows command, tagged as “D.”	1		
		b. If unable to respond, treated for shock and tagged “I.”	1		
	<b>TOTAL POINTS FOR THIS VICTIM</b>			7 Max.	
		1	a. Checked airway/breathing, at arm’s distance, shook the victim and shouted, or talked to victim.	1	
			b. If not responsive, positioned airway, “look, listen and feel”, checked breathing rate. If responsive, moved to step #2.	1	
			c. If above 30 resp/min, treated for shock and tagged “I”	1	
d. If below 30 resp/min, moved to step #2.			1		
e. If victim not breathing after 2 attempts to open airway, tagged “DEAD.”			1		
2		a. Took immediate action to control severe bleeding.	1		
		b. Checked circulation using blanch test.	1		
		c. Treated for shock if indicated and tagged “I.”	1		
3.		a. Checked mental status by giving a single command such as “squeeze my hand.” If follows command, tagged as “D.”	1		
		b. If unable to respond, treated for shock and tagged “I.”	1		
<b>TOTAL POINTS FOR THIS VICTIM</b>			7 Max.		

Judge reminders:

- A point can only be awarded for either 1c or 1d. The other should be marked N/A.
- If the rescuer correctly treats for shock and tags “I” in step 1c, he/she will continue with steps 2 and 3, but will not receive repeat points for “Treated for shock and tagged “I” since that step has already been done.

## CERT SKILLS

Team #: \_\_\_\_\_ Section #: \_\_\_\_\_ Judge's Signature: \_\_\_\_\_

Rescuer  1  2

\* There will be two victims to assess, one per rescuer. Use a duplicate rating sheet for each rescuer.

Procedure III:	Head-to-Toe Assessment (5 minutes)	Possible	Awarded
1.	Donned safety equipment (helmet, goggles, gloves, mask and boots).	1	
2.	Identified a victim to assess.	1	
3.	Assessed location and verbalized level of safety. If not in safe or lightly damaged building, moved victim to safe zone.	1	
4.	Asked "How were you hurt?" if victim responsive and able to communicate.	1	
5.	If conscious, asked permission to conduct assessment.	1	
6.	If responsive, asked victim about injuries, pain, bleeding or other symptoms.	1	
7.	Evaluated head and verbalized observations.	1	
8.	Evaluated neck and verbalized observations.	1	
9.	Evaluated shoulders and verbalized observations.	1	
10.	Evaluated chest and verbalized observations.	1	
11.	Evaluated arms and verbalized observations.	1	
12.	Evaluated abdomen and verbalized observations.	1	
13.	Evaluated pelvis and verbalized observations.	1	
14.	Evaluated legs and verbalized observations.	1	
15.	Evaluated back and verbalized observations.	1.	
16.	Talked to victim throughout assessment to reduce anxiety.	1	
17.	Kept the spine in a straight line during assessment.	1	
18.	Verbalized the type of treatment that is needed.	4	
19.	Correctly documented injuries on tag.	4	
<b>TOTAL POINTS -- PROCEDURE III</b>		<b>25</b>	

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## CERT SKILLS

Team #: \_\_\_\_\_ Section #: \_\_\_\_\_ Judge's Signature: \_\_\_\_\_

The purpose of this skill is to demonstrate the ability to perform lifts and carries. In lifts #1, #4 and #5, team members demonstrate the lift on each other. In #2 and #3, the lift is demonstrated on a volunteer.

**Note to judges:** You will use the sequence below for each lift to instruct the competitors on the lifts to be demonstrated. **Competitor safety** must be the primary consideration during the demonstration of each lift. If the performance of any lift or carry could be considered unsafe, please ask the volunteer victim to stand-in (Lift #1, #4 and #5) or have the competitors demonstrate and verbalize the lift without actually lifting the victim.

Procedure IV: Lifts and Carries (8 minutes)	Possible	Awarded
<p><i>Judge instructs one team member where to sit to assume the role of victim, and instructs the other team member to move the victim to safety using the one-person pack-strap carry.</i></p> <p>1. One-Person Pack-Strap Carry</p> <p>a. Verbalized to victim "I'm going to carry you to safety."</p> <p>b. Stood with his/her back to the victim.</p> <p>c. Placed the victim's arms over the rescuer's shoulders and grabbed the hands in front of the rescuer's chest.</p> <p>d. Hoisted the victim by bending forward slightly, until his/her feet just cleared the floor.</p> <p>e. Carried victim to safe area and gently lowered victim to chair/ground, keeping the back straight and using the legs.</p>	<p>1</p> <p>1</p> <p>1</p> <p>1</p> <p>1</p>	
<p><i>Judge instructs volunteer victim where to sit and instructs the rescuers to move the victim to safety using the two-person carry.</i></p> <p>2. Two-Person Carry</p> <p>a. Verbalized to victim "We are going to carry you to safety."</p> <p>b. Rescuer 1 squatted at the victim's head and grasped the victim from behind the midsection, then reached under the arms and grasped the victim's forearms.</p> <p>c. Rescuer 2 squatted between the victim's knees, facing either toward or away from the victim, and grasped the outside of the victim's legs at the knees.</p> <p>d. Both rescuers rose to a standing position, keeping backs straight and lifting with legs.</p> <p>e. Carried victim to safe area and gently lowered victim to chair/ground, keeping the back straight and using the legs.</p> <p>f. Rescuers communicated with each other and coordinated their movements throughout the lift.</p>	<p>1</p> <p>1</p> <p>1</p> <p>1</p> <p>1</p> <p>2</p>	

Items Evaluated	Points Possible	Points Awarded
<p><i>Judge instructs volunteer victim where to sit and instructs the rescuers to move the victim to safety using the chair carry.</i></p> <p>3. Chair Carry</p> <ul style="list-style-type: none"> <li>a. Verbalized to victim "We are going to carry you to safety."</li> <li>b. Rescuer 1 faced the back of the chair and grasped the back uprights.</li> <li>c. Rescuer 2 faced away from the victim, reached back, and grasped the two front legs of the chair.</li> <li>d. Both rescuers tilted the chair back and lifted.</li> <li>e. Carried victim to safe area and gently set the chair down.</li> <li>f. Rescuers communicated with each other and coordinated their movements throughout the lift.</li> </ul>	<p>1</p> <p>1</p> <p>1</p> <p>1</p> <p>1</p> <p>2</p>	
<p><i>Judge instructs the smaller team member where to lie to assume the role of victim, and instructs the rescuer to move the victim to safety using correct drag technique.</i></p> <p>4. Drag Technique</p> <ul style="list-style-type: none"> <li>a. Assessed location and verbalized to the judge that there is no debris that would cause additional injury.</li> <li>b. Verbalized to victim "I'm going to move you to safety."</li> <li>c. Grasped the victim by either the feet or shoulders and dragged him/her clear of the hazard.</li> </ul>	<p>1</p> <p>1</p> <p>1</p>	
<p><i>Judge instructs the other team member where to lie to assume the role of victim, and instructs the rescuer to move the victim to safety using the blanket drag.</i></p> <p>5. Blanket Drag</p> <ul style="list-style-type: none"> <li>a. Assessed location and verbalized to the judge that there is no debris that would cause additional injury.</li> <li>b. Verbalized to victim "I'm going to wrap you in a blanket and move you to safety."</li> <li>c. Wrapped the victim in a blanket.</li> <li>d. Squatted at the victim's head and grasped the blanket behind the victim's head.</li> <li>e. Dragged the victim clear of the hazard.</li> </ul>	<p>1</p> <p>1</p> <p>1</p> <p>1</p> <p>1</p>	
<p>6. Rescuer 1 effectively communicated with the victims.</p>	<p>2</p>	
<p>7. Rescuer 2 effectively communicated with the victims.</p>	<p>2</p>	
<p><b>TOTAL POINTS -- PROCEDURE IV</b></p>	<p><b>31</b></p>	

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