



# Life Threatening Situations

***New for 2019-2020***

This is a NEW event for the Middle School division only. Competitors are not required to show event guidelines at ILC.

**Purpose** To provide the HOSA member with an opportunity to develop and demonstrate knowledge and skills in handling emergency situations until trained assistance arrives.

**Description** This event will consist of two rounds of competition. Round One is a 35 item written, multiple-choice test. The written test will measure knowledge and understanding at the recall, application or analysis levels. Higher-order thinking skills will be incorporated as appropriate. The test score from Round One will be used to qualify the competitor for Round Two, and will be used as part of the final score. The top scoring competitors will advance to Round Two for the performance of a selected skill(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, written test and skill(s)—jeans and shorts are not acceptable. Bonus points will be awarded for [proper dress](#).

- Rules and Procedures**
1. Competitors in this event must be active members of HOSA-Future Health Professionals and in good standing in the Middle School division ONLY (in grades 6-8 during the 2019-2020 school year).
  2. Competitors must be familiar with and adhere to the [“General Rules and Regulations of the HOSA Competitive Events Program \(GRR\).”](#)
  3. The test will consist of thirty-five (35) multiple choice items. The test scores will be used as a part of the final score for the event.

Round One: **Written Test Plan**

Stop the Bleed .....	25%
Maintaining Safety .....	15%
Calling 911 .....	15%
Provide Comfort .....	10%
Be Informed .....	10%
Plan Ahead .....	10%
Take Action .....	10%
Position the Injured .....	5%

4. All competitors shall report to the site of the event orientation at the time designated. The Round One test will immediately follow the orientation. At ILC, [photo ID](#) must be presented prior to competing in each round. **No proxies will be allowed for the orientation.**
5. [Test Instructions](#): There will be a maximum of **60 minutes** to complete the test.  
NOTE: *States/regions may use a different process for testing, to include but not*

*limited to pre-conference testing, online testing, and testing at a computer. Check with your Area/Region/State for the process you will be using.*

6. **TIME REMAINING ANNOUNCEMENTS:** There will be a verbal announcement when there are 30 minutes, 15 minutes, 5 minutes, and 1 minute remaining to complete the test.
7. All official references are used in the development of the written test.  
<https://community.fema.gov/until-help-arrives>
8. The test score from Round One will be used to qualify the competitor for the Round Two. The skills approved for Round Two for this event are:  
  
Skill I: Call 911 (5 minutes)  
Skill II: Stop the Bleed (5 minutes)  
Skill III: Position the Unconscious Injured (5 minutes)
9. Competitors must complete all steps of the skill 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 skill as the scenario warrants. If the equipment is NOT available, the competitors would simulate/verbalize the steps.)
10. 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. Violation of the ethics rules will be severely penalized per [the GRRs](#).
11. The competitor must earn a score of 70% or higher on the combined skill (s) of the event (excluding the test) in order to be recognized as an award winner at the ILC.
12. In case of a tie, the highest test score will be used to determine the rank.

**Competitors Must Provide:**

- Two #2 lead pencils with eraser
- Sterile Gauze Squares (10)
- Disposable Gloves (2 pairs)
- [Photo ID](#)

**FOR SPECIFICS ON EVENT MANAGEMENT SEE [MANAGING COMPETITIVE EVENTS](#)**

**Required Personnel:**

- One Event Manager
- One Judge Manager (JM) to provide quality assurance for the event by ensuring that the guidelines are followed and all event documents are complete.
- One Section Leader per section
- Judges
- Proctors for Testing – Approximately one proctor for 20 competitors
- Event assistants per section
- Timekeepers (if necessary)
- Moulage Specialist (if necessary)
- One-two injured persons as required by the scenario (per section)
- Holding room attendants(s) as needed

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

**Round One Written Test** (Reference: All resources)

- List of competitors for check-in
- One pre-numbered test per competitor
- Scantron/answer forms- one copy per competitor
- Evaluation forms- competitor and event personnel
- #2 lead pencils with eraser to complete evaluations (event personnel)

**General**

- Clinical and/or laboratory stations for selected skills (see [HOSA Room Sets](#))
- Holding rooms/areas for competitors (if off-site)
- Written Scenario-copies for judges, section leaders
- Injured person and judge scripts as needed
- Stopwatch(s)
- Moulage supplies (as required by the scenario)
- Rating sheets – one per judge per competitor
- Evaluation Forms – competitor, judge, and personnel
- #2 lead pencils (judges & evaluations)
- Copy of guidelines for judges
- Hand sanitizer (alcohol based handrub)

**Skill I: Calling 911**

- One injured person(check the scenario for particulars)
- Phone to simulate 911 call

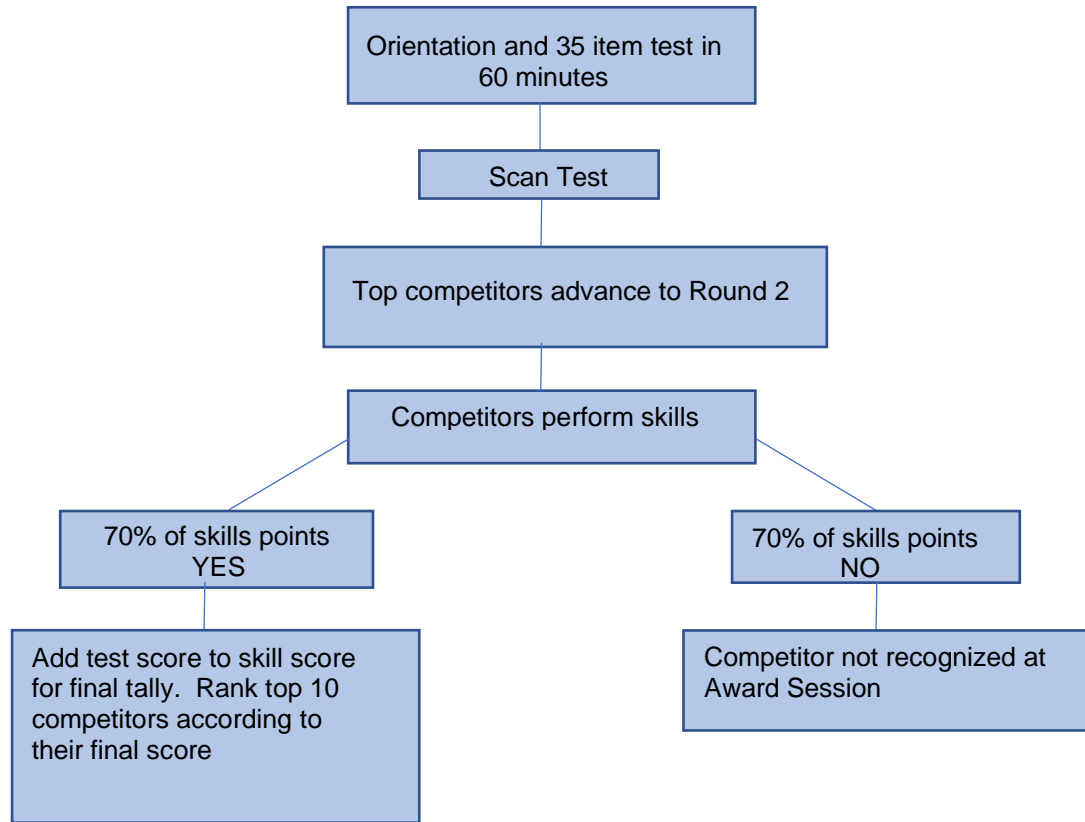
**Skill II: Stop the Bleed**

- One injured person (check the scenario for particulars)
- Moulage (as needed)
- Windlass rod tourniquet (if indicated in the scenario)
- Hand Sanitizer
- Waste basket (to dispose of gloves)

**Skill III: Positioning the Unconscious Injured**

- One injured person(check the scenario for particulars)

## Event Flow Chart



## Sample Round One Test Questions

1. All of the following people are at greater risk from extreme heat conditions EXCEPT:
  - A. children
  - B. sick or overweight people
  - C. teenagers
  - D. older adults
2. To stay safe during an earthquake, people should \_\_\_\_\_.
  - A. Drop, cover and hold on.
  - B. Run and hide.
  - C. Stay outside and call for help.
  - D. Seek shelter with neighbors.
3. The purpose of FEMA's Until Help Arrives program is to:
  - A. reduce the amount of traumatic injuries.
  - B. train individuals to save people with traumatic injuries.
  - C. reduce the EMS response time
  - D. train individuals to take action before EMS arrives.

## Life Threatening Situations

Competitor #: \_\_\_\_\_

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

<b>Skill I: Calling 911</b>		<b>(5 minutes)</b>		<b>Possible</b>	<b>Awarded</b>
1.	Verified emergency situation required 911 call.	2	0		
2.	Called 911.	2	0		
3.	Responded appropriately to all 911 dispatcher questions.				
	a. Stated what happened.	2	0		
	b. Stated specific location including floor, room number or any identifying landmarks.	2	0		
	c. Accurately reported the number of people injured.	2	0		
	d. Described the type and severity of life-threatening situation.	2	0		
	e. Addressed any ongoing safety concerns such as any obvious dangers or ongoing threats.	2	0		
4.	Followed all directions provided by the dispatcher.	2	0		
5.	Hung up when instructed to by dispatcher. (Verbalized that dispatcher told him/her it is OK to hang up.)	2	0		
6.	Exhibited acceptable affect with injured person(s) and personnel.	2	0		
<b>TOTAL POINTS - SKILL I</b>		<b>20</b>			
<b>70% Mastery for Skill I = 14</b>					

*\*\*If a student jeopardizes the injured person's or his/her own safety and does not take immediate action to correct the error, the total points for the skill or specific subpart(s) of the skill will be deducted.*

## Life Threatening Situations

Competitor #: \_\_\_\_\_

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

<b>Skill II: Stop the Bleed</b>		<b>(7 minutes)</b>		Possible	Awarded
1.	Assessed the scene safety prior to rendering care and verbalized scene is safe.	2	0		
2.	Introduced self and asked if can help.	2	0		
3.	Moved the individual if grave danger is evident and verbalized danger.	2	0		
4.	Called 911 or instructed another to do so (if scenario indicates they are not alone)	2	0		
5.	Verbalized to judge the identified the source of bleeding.	2	0		
6.	Applied disposable gloves.	2	0		
7.	Applied direct pressure to the source of the bleeding using gauze pads.	2	0		
8.	Maintained firm, steady pressure on the source of the bleeding until EMS arrives.	2	0		
9.	If injured person complains of pain, explained that firm pressure is required due to the amount of blood loss.	2	0		
<b><i>Judge will provide instructions regarding if direct pressure is controlling bleeding or if a tourniquet is available and indicated per judge instructions. (if bleeding is controlled skip to 11).</i></b>					
10.	If bleeding is so severe that bleeding is not stopped and a tourniquet is available, applied the tourniquet:				
	a. Placed the tourniquet only on the arms or legs.	2	0		
	b. Placed the tourniquet as high on the limb as possible over clothing if needed.	2	0		
	c. Pulled the strap through the buckle.	2	0		
	d. Twisted the rod tightly until bleeding stops/slows significantly	2	0		
	e. If injured complains of pain, provided reassurance and informed them of the need for additional pressure to control bleeding.	2	0		
	f. Left tourniquet in place until EMS arrived.	2	0		
11.	Exhibited acceptable affect with injured person and personnel.	2	0		
12.	Removed gloves appropriately without touching outside of gloves with bare hands.	2	0		
13.	Disposed of gloves properly.	2	0		
14.	Used hand sanitizer.	2	0		
<b>TOTAL POINTS - SKILL II</b>					
<b>Without Tourniquet</b>		<b>26</b>			
<b>With Tourniquet</b>		<b>38</b>			
<b>70% Mastery for Skill II</b>					
<b>Without Tourniquet = 18.2</b>					
<b>With Tourniquets = 26.6</b>					

\*Bleeding will always being found on an extremity in the scenario.

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## Life Threatening Situations

Competitor #: \_\_\_\_\_

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

<b>Skill III: Position the Unconscious Injured</b>		<b>(3 minutes)</b>		<b>Possible</b>	<b>Awarded</b>
1.	Verbalized that 911 has been called and bleeding has been resolved.	2	0		
2.	Placed the unconscious injured victim on their side.	2	0		
3.	Positioned the bottom arm reaching outward.	2	0		
4.	Positioned the top arm resting on the bicep of the bottom arm.	2	0		
5.	Positioned head resting on hand of top arm while minimizing movement of head or neck.	2	0		
6.	Positioned legs slightly bent.	2	0		
7.	Positioned chin raised forward.	2	0		
8.	Positioned mouth pointed downward.	2	0		
9.	Exhibited acceptable affect with injured person and personnel.	2	0		
10.	Remained with injured person until EMS arrived.	2	0		
<b>TOTAL POINTS - SKILL III</b>				<b>20</b>	
<b>70% Mastery for Skill III = 14</b>					

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