

CPR/First Aid



New for 2016-2017

Guidelines and skills are aligned the with American Heart Association's 2015 guidelines and Simmers DHO: Health Science, 8th Edition.

Purpose: To provide the HOSA member with an opportunity to develop and demonstrate knowledge and skills in team first aid and basic life support for health providers.

Description This event will consist of two rounds of competition for a 2-person team. Round One is a written, multiple-choice test. Written test will measure knowledge and understanding at the recall, application or analysis levels. Higher-order thinking skills will be incorporated as appropriate. The top scoring teams will advance to Round Two for the performance of 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, in good standing in the division in which they are registered to compete (Secondary or Postsecondary/Collegiate). *Competitors should compete in skill events at the highest level of training. An example would be students enrolled in an Emergency Medical Technician course should compete in the Emergency Medical Technician event and not in the CPR/First Aid event.*
 2. Competitors must be familiar with and adhere to the "[General Rules and Regulations of the National HOSA Competitive Events Program \(GRR\)](#)."
 3. The test will consist of fifty (50) multiple choice items. The scores of the two team members will be averaged 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% |
| <ul style="list-style-type: none"> • 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

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. **No proxies will be allowed for the orientation.**

5. Test Instructions: There will be a maximum of **60 minutes** to complete the test. There will be a verbal announcement when there are 15 minutes remaining for the test period.

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. All official references are used in the development of the written test. The specific reference selected for each skill 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, L., Simmers-Nartker, Simmers-Kobelak. *DHO: Health Science*. Cengage Learning, Latest edition.

7. 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 skills. These skills include one First Aid skill and one BLS skill. Rescuer 1 initiates the first aid skill while Rescuer 2 initiates the BLS skill. After the first aid victim has been treated, Rescuer 1 will assist Rescuer 2.

First Aid Skills – Rescuer 1 Initiated

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

BLS for Healthcare Providers – Rescuer 2 Initiated

- Skill VI: Adult BLS/CPR
- Skill VII: Adult BLS/CPR (Rescuer 1 Assists)
- Skill VIII: Adult BLS with AED
- Skill IX: Adult BLS with AED (Rescuer 1 Assists)
- Skill X: Infant BLS/CPR
- Skill XI: Infant BLS/CPR (Rescuer 1 Assists)

8. The selected skill(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.

9. 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.
10. 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.)
11. If a student jeopardizes the patient'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.
12. 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 scenario is presented to the team. Competitors will be stopped at the end of the twelve (12) minute time limit.
13. In the 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 skill when it is medically appropriate to do so. Judges will adapt their scoring accordingly.
14. The team 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.
15. In case of a tie, the highest averaged test score will be used to determine the rank.

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.

Competitors Must Provide:

- Event guidelines – one per team (orientation)
- Pens and #2 lead pencils with eraser
- Watch with second hand (optional)

General Equipment to be provided by competitors in a first aid kit or bag:

- 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.)
- Sterile Gauze Squares, 4" X 4", 6-10 total (may be packaged as singles, doubles, or multiples)
- Any size roller bandages (Kling/similar) 4-6 total
- One trauma dressing (ABD)
- Non-stick sterile dressing(s)
- Mouth-to-mask device AND Bag-Mask device (Adult and Infant)
- Biohazard bag
- Hand sanitizer
- Cell phone (for simulating 911 call)
- One pair of scissors
- Adhesive tape
- 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.*

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 skill(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) Timekeepers (if necessary)
- 7) Moulage Specialist (if necessary)
- 8) One QA to provide quality assurance for the event by ensuring that the guidelines are followed and all event documents are complete.

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

Checklist

- Clinical and/or laboratory stations for selected skills
- Written scenario
- Patient and judge scripts as needed
- Calculators, note pads, and pencils for judges
- Stopwatch
- Moulage supplies (as required by the scenario)
- Assorted props, which may include pillows and/or blankets
- Rating sheets – one per judge per competitor
- Evaluation Forms – competitor, judge, and personnel
- #2 lead pencils with eraser to complete evaluations

Round One Written Test (Reference: all resources)

Checklist

- One pre-numbered test copy per competitor
- Scantron / answer forms.

Skill I: Severe Bleeding and Shock (DHO)

Checklist

- One victim (check the scenario for particulars)
- Moulage or latex bleeding wound

Skill II: Choking (*Heartsaver First Aid CPR AED, AHA 2015*)

Checklist

- One victim (check the scenario for particulars)
- Pillow for victim – the person playing the role of the victim should wear an extra large, loose fitting shirt so that a pillow can be placed 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.

Skill III: Compound Fracture and Splinting (*Heartsaver First Aid CPR AED, AHA 2015*)

Checklist

- One victim (check the scenario for particulars)
- Moulage or latex fracture/wound
- Cold pack or bag and ice
- Towel
- Props or devices that can be used for splinting

Skill IV: Severe Burns (DHO)

Checklist

- One victim (check the scenario for particulars)

Skill V: Heat-Related Emergency (DHO)

Checklist

- One victim (check the scenario for particulars)
- Cool water spray bottle
- Water
- Juice or sports drink

Skill VI and VII: Adult BLS/CPR (*BLS for Healthcare Providers, AHA 2015*)

Checklist

- CPR Manikin

Skill VIII and IX: Adult BLS with AED (*BLS for Healthcare Providers, AHA 2015*)

Checklist





- CPR Manikin
- AED (with appropriate size batteries)

Skill X and XI: Infant BLS/CPR (*BLS for Healthcare Providers, AHA 2015*)

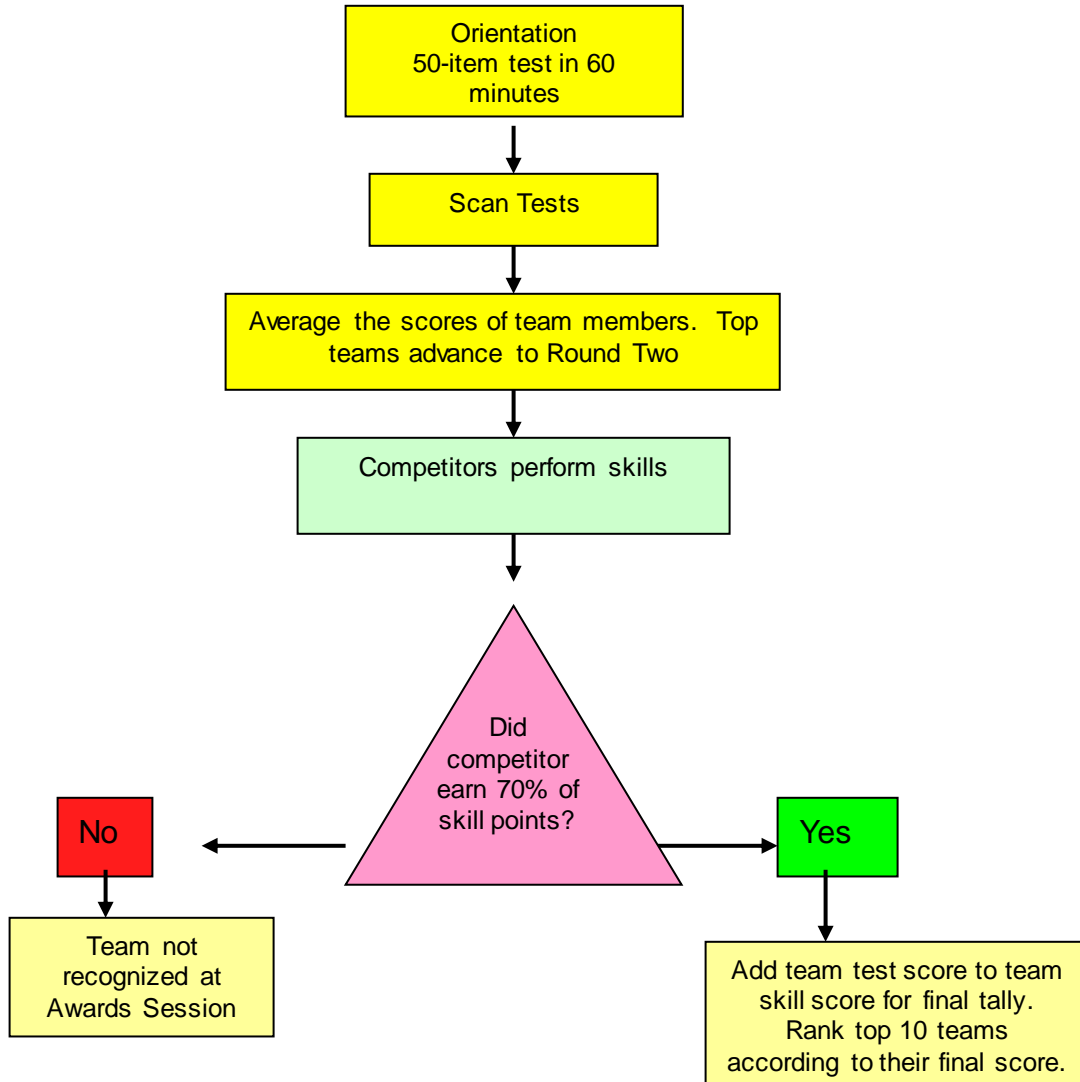
Checklist

- Infant Manikin

Icon Key

② ⑥	Team event – Minimum and maximum (if greater than 2) number of team members.
	Competitors must meet a 70% mastery score on skills in this event.
	The orientation includes an event element. Competitors must bring pencils.
	Round One scores are used to advance competitors to Round Two at the ILC.
	Includes a secret topic that may not be discussed or revealed to others until the event has concluded.

Event Flow Chart



Sample Round One Test Questions

1. The second link in the AHA BLS out-of-hospital adult chain of survival is:
 - A. early CPR.
 - B. effective advanced life support.
 - C. multidisciplinary post-cardiac arrest care.
 - D. rapid defibrillation with an AED.

2. To deliver chest compressions to an infant, a single rescuer would use:
 - A. the heel of one hand.
 - B. the palm of one hand.
 - C. two fingers.
 - D. three fingers.

3. After a superficial burn has been cooled, the next step is to:
 - A. apply a commercial burn ointment, if available.
 - B. cover the burn with a dry, nonstick sterile dressing.
 - C. place an occlusive dressing over the burn and apply a dressing.
 - D. remove any clothing that is sticking to the skin.

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.*

Skill I: Severe Bleeding and Shock		Possible		Awarded
1.	Checked the scene to be sure it is safe.	2	0	
2.	Opened first aid kit and put on PPE.	2	0	
3.	Checked for responsiveness and breathing.	2	0	
4.	Introduced self and asked for permission to help. <i>* Victim consents to treatment.</i>	2	0	
5.	Quickly assessed the situation. (Asked what happened, noted bleeding.)	2	0	
6.	Looked for medical information jewelry.	2	0	
7.	Responded to Rescuer 2's call for help.	1	0	
8.	Called Emergency Medical Services and stated:			
a.	Caller's name, location and phone number.	1	0	
b.	Situation, number and condition of both victim(s).	1	0	
c.	Hung up when instructed to by dispatcher. (Verbalized that dispatcher told him/her it is OK to hang up.)	1	0	
9.	Applied a dressing on the wound and elevated the injured part above the level of the heart.	2	0	
10.	Maintained direct pressure. (Verbalized that direct pressure was maintained for approximately 5 to 10 minutes.)	2	0	
11.	Slowly released direct pressure. <i>* Judge states, "Bleeding has not stopped."</i>	1	0	
12.	Applied a second dressing on top of the first dressing and continue to apply direct pressure.	2	0	
13.	Slowly released direct pressure. <i>* Judge states, "No further bleeding."</i>	1	0	
14.	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	0	
15.	Treated victim for shock			
a.	Helped the victim lie on his/her back.	1	0	
b.	If no evidence of head, neck, or back injuries, or possible fracture of the hips or legs, raise feet & legs approximately 12 inches (if elevation causes pain or difficulty breathing, lower legs to flat position).	1	0	
c.	Covered the victim to keep him/her warm.	1	0	

Items Evaluated	Possible	Awarded
16. Changed gloves.	1 0	
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 0	
Summary Steps 17. Communicated with and reassured victim throughout the scenario and until EMS arrived.	2 0	
18. Gave information about victim to EMS rescuers.	2 0	
19. Removed gloves properly without touching the outside of the gloves with bare hands.	2 0	
20. Placed disposable PPE in a biohazard bag.	2 0	
21. Used hand sanitizer.	2 0	
TOTAL POINTS - SKILL I 70% Mastery for Skill I = 28.7	41	

***If a student jeopardizes the patient'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.*

CPR/FIRST AID – Rescuer 1

Team #: _____

Judge's Signature: _____

The victim will be sitting or standing and is NOT pregnant or obese. This victim will not require EMS treatment or transport

Skill 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 0	
2.	Asked the victim if he or she is choking. <i>* Victim nods head yes and cannot talk.</i>	2 0	
3.	Responded to Rescuer 2's call for help.	1 0	
4.	Introduced self and asked for permission to help. <i>* Victim nods head yes and cannot talk.</i>	2 0	
5.	Stood behind the victim and wrapped arms around the victim's waist.	2 0	
6.	Made a fist with one hand.	1 0	
7.	Placed the thumb side of fist against the victim's abdomen, in the midline, slightly above the navel and well below the breastbone.	2 0	
8.	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.)	2 0	
9.	Repeated thrusts (SIMULATED) until object is expelled from the airway or victim becomes unresponsive, giving each new thrust with a separate, distinct movement to relieve the obstruction. <i>* Judge states, "Object is expelled."</i>	2 0	
10.	Called Emergency Medical Services and stated:		
a.	Caller's name, location and phone number.	1 0	
b.	Situation, number and condition of both victim(s)	1 0	
c.	Hung up when instructed to by dispatcher. (Verbalized that dispatcher told him/her it is OK to hang up.)	1 0	
11.	Opened first aid kit and put on PPE (or changed gloves).	2 0	
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 0	
Summary Steps		2 0	
13.	Communicated with and reassured victim throughout the scenario.		
14.	Removed gloves properly without touching the outside of the gloves with bare hands.	2 0	
15.	Placed disposable PPE in a biohazard bag.	2 0	
16.	Used hand sanitizer.	2 0	
TOTAL POINTS - SKILL II		30	
70% Mastery for Skill II = 21			

****If a student jeopardizes the patient'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.**

CPR/FIRST AID – Rescuer 1

Team #: _____

Judge's Signature: _____

Skill III: Open Fracture and Splinting		Possible	Awarded
1.	Checked the scene to be sure it is safe.	2	0
2.	Opened first aid kit and put on PPE.	2	0
3.	Checked for responsiveness and breathing.	2	0
4.	Introduced self and asked for permission to help. <i>* Victim consents to treatment.</i>	2	0
5.	Quickly assessed the situation (asked the victim what happened), noting that the injured part is abnormally bent, and/or other findings.	2	0
6.	Looked for medical information jewelry.	2	0
7.	Responded to Rescuer 2's call for help.	1	0
8.	Called Emergency Medical Services and stated:		
a.	Caller's name, location and phone number.	1	0
b.	Situation, number and condition of both victim(s).	1	0
c.	Hung up when instructed to by dispatcher. (Verbalized that dispatcher told him/her it is OK to hang up.)	1	0
9.	Covered open wound with a clean dressing.	1	0
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	0
11.	Made a splint from appropriate available materials in the room that limits movement of the injury.	2	0
12.	Placed the splint so that it supported the joints above and below the injury. (As appropriate to the location of the injury.)	1	0
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	0
14.	Avoided straightening the bent body part OR moving the broken bone that came through the skin. (As appropriate for the scenario.)	2	0
15.	Checked to be sure the splint was not too tight by putting two fingers between the splint and injured body part.	1	0
16.	Changed gloves	1	0
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	0

Summary Steps	2	0	
18. Communicated with and reassured victim throughout the scenario.	2	0	
19. Gave information about victim to EMS rescuers.	2	0	
20. Removed gloves properly without touching the outside of the gloves with bare hands.	2	0	
21. Placed disposable PPE in a biohazard bag.	2	0	
22. Used hand sanitizer.	2	0	
TOTAL POINTS – SKILL III 70% Mastery for Skill III = 27.3	39		

***If a student jeopardizes the patient'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.*

CPR/FIRST AID – Rescuer 1

Team #: _____

Judge's Signature: _____

Skill IV: Severe Burns		Possible	Awarded
1.	Checked the scene to be sure it is safe.	2	0
2.	Opened first aid kit and put on PPE.	2	0
3.	Checked for responsiveness and breathing.	2	0
4.	Introduced self and asked for permission to help. <i>* Victim consents to treatment.</i>	2	0
5.	Quickly assessed the situation. (Asked what happened, noted burn.)	2	0
6.	Looked for medical information jewelry.	2	0
7.	Responded to Rescuer 2's call for help.	1	0
8.	Called Emergency Medical Services and stated:		
	a. Caller's name, location and phone number.	1	0
	b. Situation, number and condition of both victim(s)	1	0
	c. Hung up when instructed to by dispatcher. (Verbalized that dispatcher told him/her it is OK to hang up.)	1	0
9.	SEVERE SECOND-DEGREE OR ANY THIRD-DEGREE BURN		
	a. Used dry, non-stick sterile dressing to cover the injured area	2	0
	b. Did NOT attempt to remove any particles of clothing stuck to burned area	1	0
	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	0
10.	Treated victim for shock		
	a. Helped the victim lie on his/her back. (May be done at step 9.)	1	0
	b. If no evidence of head, neck, or back injuries, or possibility of fracture of the hips or legs, raise feet approximately 12 inches (if elevations causes pain or difficulty breathing lower legs to flat position).	1	0
	c. Covered the victim to keep him/her warm.	1	0
11.	Changed gloves	1	0
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	0

Summary Steps	2	0	
13. Communicated with and reassured victim throughout the scenario.	2	0	
14. Gave information about victim to EMS rescuers.	2	0	
15. Removed gloves properly without touching the outside of the gloves with bare hands.	2	0	
16. Placed disposable PPE in a biohazard bag.	2	0	
17. Used hand sanitizer.	2	0	
TOTAL POINTS -- SKILL IV	36		
70% Mastery for Skill IV = 25.2			

***If a student jeopardizes the patient'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.*

CPR/FIRST AID – Rescuer 1

Team #: _____

Judge's Signature: _____

Skill V: Heat-Related Emergency		Possible	Awarded
1.	Checked the scene to be sure it is safe.	2	0
2.	Opened first aid kit and put on PPE.	2	0
3.	Checked for responsiveness and breathing.	2	0
4.	Introduced self and asked for permission to help. <i>* Victim consents to treatment.</i>	2	0
5.	Quickly assessed the situation. (Asked what happened.)	2	0
6.	Looked for medical information jewelry.	2	0
7.	Responded to Rescuer 2's call for help.	1	0
8.	Observed victim closely for signs and symptoms of heat exposure. Information may be obtained directly from victim or observers.	2	0
9.	Called Emergency Medical Services and stated:		
	a. Caller's name, location and phone number.	1	0
	b. Situation, number and condition of both victim(s)	1	0
	c. Hung up when instructed to by dispatcher. (Verbalized that dispatcher told him/her it is OK to hang up.)	1	0
10.	Correctly verbalized to judge if victim has heat exhaustion or heat stroke. If heat exhaustion move to #11; if heat stroke move to #12.	2	0
11.	HEAT EXHAUSTION		
	a. Move the victim to a cool area (if possible).	2	0
	b. Help the victim lie flat on back and elevate feet & legs 12 inches.	2	0
	c. Loosened tight clothing & removed excessive clothing.	2	0
	d. Applied cool, wet cloths to the victim's face. <i>* Judge states, "Victim is conscious."</i>	2	0
	e. Gave small sips of juice, sports drink, or water (4 oz every 15 min)	2	0
	e. If victim complained of nausea or vomiting, discontinued fluids.	2	0
12.	HEAT STROKE		
	a. Immediately moved to cool area if possible	2	0
	b. Removed excessive clothing	2	0
	c. Sponged the bare skin with cool water, or used ice packs on wrist, ankles, axillary & groin regions	2	0
	d. Verbalized that if vomiting occurred would roll victim to their side	2	0
	e. Verbalized observing for signs of difficulty breathing	2	0
	f. Verbalized observing for signs of shock	2	0
13.	Changed gloves	1	0
14.	Assisted Rescuer 2 with BLS <i>Judge will continue to evaluate Rescuer 1 using the appropriate BLS</i>	1	0

<i>rating sheet, and will complete his/her evaluation using this rating sheet after the EMS arrives.</i>		
Summary Steps	2	0
15. Communicated with and reassured victim throughout the scenario.	2	0
16. Removed gloves properly without touching the outside of the gloves with your bare hands.	2	0
17. Placed disposable PPE in a biohazard bag.	2	0
18. Used hand sanitizer.	2	0
TOTAL POINTS -- SKILL V 70% Mastery for Skill V = 29.4	42	

***If a student jeopardizes the patient'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.*

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.*
- *Rescuer 2 will start this skill, and then Rescuer 1 will come to his/her assistance following steps on skill VII.*

Skill VI: Adult BLS/CPR – Rescuer 2 Initiates		Possible		Awarded
1.	Surveyed the scene/secured environment.	2	0	
2.	Opened first aid kit and put on PPE.	2	0	
3.	Determined unresponsiveness: tapped or gently shook shoulder, shouted "Are you OK?"	2	0	
4.	Shout to Rescuer 1 to activate the emergency response system and get AED/defibrillator. <i>* Judge states, "AED is not available."</i>	1	0	
5.	Checked to see if the victim has normal breathing and a pulse for no less than 5 and no more than 10 seconds. a. Check for breathing by scanning the victim's chest for rise and fall. b. Performed a pulse check by feeling for a carotid pulse (located trachea using 2 or 3 fingers and slid into groove between trachea and neck muscle). <i>* Judge states, "Not breathing." or "Not breathing normally" and no pulse.</i>	2	0	
6.	Initial Chest Compressions (30)			
a.	Positioned self at the victim's side.	1	0	
b.	Made sure victim is lying faceup on a firm, flat surface.	1	0	
c.	Put the heel of one hand on the center of the victim's chest on the lower half of the breastbone.	1	0	
d.	Put the heel of the other hand on top of the first hand.	1	0	
e.	With arms straight, positioned shoulders directly over his/her hands.	1	0	
f.	Pushed hard and fast (compressions at least 2", rate of 100-120/min)	2	0	
g.	At the end of each compression, allowed the chest to recoil completely.	1	0	
h.	30 compressions in no less than 15 and no more than 18 seconds	2	0	
7.	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	0	

Skill 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	0 0
c.	Placed the remaining fingers of the second hand along the bony margin of the jaw and lifted the jaw.	1	0
d.	Pushed with the hand on the victim's forehead (the heel part of the hand) to tilt the head back.	1	0
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	0
f.	Delivered two breaths over 1 second each to make the chest rise.	1	0
8.	Continued cycles of 30 compressions and 2 breaths with minimal interruptions until Rescuer 1 arrives. When Rescuer 1 arrives instruct to perform chest compressions.	2	0
9.	Grabbed bag-mask and positioned self directly above the victim's head.	2	0
10.	Used the E-C clamp technique <ol style="list-style-type: none"> Performed a head tilt. Placed the mask on the victim's face, using the bridge of the nose as a guide for correct position. 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. 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	0 0 0 0
11.	Squeezed the bag to give two breaths after every 30 compressions for 1 second each.	1	0
12.	Responded to Rescuer 1's call to switch roles after five (5) cycles, taking less than 10 seconds to complete the switch and resume with chest compressions.	1	0
13.	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>	1	0
14.	Gave information about victim to EMS rescuers.	1	0
15.	Removed gloves properly without touching the outside of the gloves with bare hands.	1	0
16.	Placed disposable PPE in a biohazard bag.	1	0
17.	Used hand sanitizer.	1	0
TOTAL POINTS – SKILL VI		43	
70% Mastery for Skill VI = 30.1			

****If a student jeopardizes the patient'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.**

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.
- Rescuer 1 starts with one of the First Aid skills I-V, then moves to assist Rescuer 2 with BLS/CPR following the steps here.

Skill 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 0	
2. Initial Chest Compressions (30)		
a. Positioned self at the victim's side.	1 0	
b. Made sure victim is lying faceup on a firm, flat surface.	1 0	
c. Put the heel of one hand on the center of the victim's chest on the lower half of the breastbone.	1 0	
d. Put the heel of the other hand on top of the first hand.	1 0	
e. With arms straight, positioned shoulders directly over his/her hands.	1 0	
f. Pushed hard and fast (compressions at least 2", rate of 100-120/min)	2 0	
g. At the end of each compression, allowed the chest to recoil completely.	1 0	
h. 30 compressions in no less than 15 and no more than 18 seconds	2 0	
3. Called for Rescuer 2 to switch roles after five (5) cycles, taking less than 10 seconds to complete the switch and begin ventilation.	2 0	
4. Took bag-mask and positioned self directly above the victim's head.	2 0	
5. Used the E-C clamp technique		
a. Performed a head tilt.	1 0	
b. Placed the mask on the victim's face, using the bridge of the nose as a guide for correct position.	1 0	
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 0	
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 0	
6. Squeezed the bag to give two breaths after every 30 compressions for 1 second each. <i>Judge states "EMS has arrived and has taken over care of the victim."</i>	2 0	

7. Returned to First Aid victim to complete summary steps	1 0	
TOTAL POINTS – SKILL VII 70% Mastery for Skill VII = 16.1	23	

***If a student jeopardizes the patient'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.*

CPR/FIRST AID – Rescuer 2

Team #: _____

Judge's Signature: _____

* Rescuer 2 will start this skill, and then Rescuer 1 will come to his/her assistance following steps on skill IX

Skill VIII: Adult BLS with AED – Rescuer 2 Initiates		Possible		Awarded
1.	Surveyed the scene/secured environment	2	0	
2.	Opened first aid kit and put on PPE.	2	0	
3.	Determined unresponsiveness: tapped or gently shook shoulder, shouted "Are you OK?"	2	0	
4.	Shout to Rescuer 1 to activate the emergency response system and get AED/defibrillator.	1	0	
5.	Checked to see if the victim has a normal breathing and a pulse for no less than 5 and no more than 10 seconds. a. Checked for breathing by scanning the victim's chest for rise and fall. b. Performed a pulse check by feeling for a carotid pulse (located trachea using 2 or 3 fingers and slid into groove between trachea and neck muscle). <i>* Judge states, "Not breathing." or "Not breathing normally" and no pulse.</i>	2	0	
		2	0	
6.	Initial Chest Compressions (30)			
a.	Positioned self at the victim's side	1	0	
b.	Made sure victim is lying faceup on a firm, flat surface.	1	0	
c.	Put the heel of one hand on the center of the victim's chest on the lower half of the breastbone.	1	0	
d.	Put the heel of the other hand on top of the first hand.	1	0	
e.	With arms straight, positioned shoulders directly over his/her hands.	1	0	
f.	Pushed hard and fast (compressions at least 2", rate of 100-120/min)	2	0	
g.	At the end of each compression, allowed the chest to recoil completely.	1	0	
h.	30 compressions in no less than 15 and no more than 18 seconds	2	0	
7.	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	0	
b.	Sealed the mask on the victim's face. • 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	0	
		1	0	

Skill VIII: Adult BLS/CPR – Rescuer 2 (continued)		Possible	Awarded
c.	Placed the remaining fingers of the second hand along the bony margin of the jaw and lifted the jaw.	1 0	
d.	Pushed with the hand on the victim's forehead (the heel part of the hand) to tilt the head back.	1 0	
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 0	
f.	Delivered two breaths over 1 second each to make the chest rise.	1 0	
8.	Continued cycles of 30 compressions and 2 breaths with minimal interruptions until Rescuer 1 arrived with AED. Continued compressions while Rescuer 1 prepared AED.	2 0	
9.	Rescuer 1 – Turned on AED and applied pads and attached electrodes.	*	
10.	Rescuer 1 cleared victim and allowed AED to analyze.	*	
11.	Rescuer 2 moved to head to prepare for bag-mask ventilation.	1 0	
12.	Rescuer 1 – If AED indicated a shockable rhythm, cleared victim again and delivered shock.	*	
<i>The remaining steps are performed by Rescuer 2.</i>			
13.	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 0	
14.	Positioned self directly above the victim's head, holding the bag-mask.	1 0	
15.	Used the E-C clamp technique		
a.	Performed a head tilt.	1 0	
b.	Placed the mask on the victim's face, using the bridge of the nose as a guide for correct position.	1 0	
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 0	
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 0	
16.	Squeezed the bag to give two breaths after every 30 compressions for 1 second each.	2 0	
17.	Responded to Rescuer 1's call to switch roles after five (5) cycles, taking less than 10 seconds to complete the switch and resume with chest compressions.	2 0	
18.	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 0	
19.	Gave information about victim to EMS rescuers.	2 0	
20.	Removed gloves properly without touching the outside of the gloves with bare hands.	2 0	
21.	Placed disposable PPE in a biohazard bag.	2 0	
22.	Used hand sanitizer.	2 0	

TOTAL POINTS – SKILL VIII 70% Mastery for Skill VIII = 36.4	52	
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***If a student jeopardizes the patient'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.*

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 0	
2.	Rescuer 1 – Turned on AED and applied pads and attaches electrodes.	2 0	
3.	Rescuer 1 cleared victim and allowed AED to analyze.	2 0	
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 0	
6.	If no shock is indicated or immediately after any shock is delivered, began chest compressions.		
a.	Positioned self at the victim's side.	1 0	
b.	Put the heel of one hand on the center of the victim's chest on the lower half of the breastbone.	1 0	
c.	Put the heel of the other hand on top of the first hand.	1 0	
d.	With arms straight, positioned shoulders directly over his/her hands.	1 0	
e.	Pushed hard and fast (compressions at least 2", rate of 100-120/min.)	2 0	
f.	At the end of each compression, allowed the chest to recoil completely.	1 0	
g.	Counted compressions aloud.	2 0	
h.	30 compressions in no less than 15 and no more than 18 seconds	2 0	
7.	Called for Rescuer 2 to switch roles after five (5) cycles, taking less than 10 seconds to complete the switch and begin ventilation.	2 0	
8.	Took bag-mask and positioned self directly above the victim's head.	2 0	
9.	Used the E-C clamp technique		
a.	Perform a head tilt.	1 0	
b.	Placed the mask on the victim's face, using the bridge of the nose as a guide for correct position.	1 0	
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 0	
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 0	
10.	Squeezed the bag to give two (2) breaths after every 30 compressions for 1 second each until: <i>Judge states "EMS has arrived & has taken over care of the victim."</i>	2 0	
11.	Returned to First Aid victim to complete summary steps.	1 0	
TOTAL POINTS – SKILL IX		29	
70% Mastery for Skill IX = 20.3			

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.
****If a student jeopardizes the patient'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.**

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.*
- *Rescuer 2 will start this skill, and then Rescuer 1 will come to his/her assistance following steps on skill VII.*

Skill X: Infant BLS/CPR – Rescuer 2 Initiates		Possible		Awarded
1.	Surveyed the scene/secured environment.	2	0	
2.	Opened first aid kit and put on PPE.	2	0	
3.	Determined unresponsiveness: tapping on foot and shouting for help	2	0	
4.	Shout to Rescuer 1 to activate the emergency response system and get AED/defibrillator. <i>* Judge states, "AED is not available."</i>	1	0	
5.	Checked to see if the victim has a normal breathing and a pulse for no less than 5 and no more than 10 seconds. a. Checked for breathing by scanning the victim's chest for rise and fall. b. Performed a pulse check by feeling for a brachial pulse (place 2 or 3 fingers on the inside of the upper arm, between the infant's elbow & shoulder) . <i>* Judge states, "Not breathing." or "Not breathing normally" and no pulse.</i>	2	0	
6.	Initial Chest Compressions (30)			
a.	Positioned self at the victim's side.	1	0	
b.	Made sure victim is lying faceup on a firm, flat surface.	1	0	
c.	Place 2 fingers in the center of the infant's chest just below the nipple line.	1	0	
d.	Push hard and fast (compressions at least 1/3 the depth of the chest or 1 ½ inches at a rate of 100-120/min).	2	0	
e.	At the end of each compression, allowed the chest to recoil completely.	1	0	
f.	30 compressions in no less than 15 and no more than 18 seconds.	2	0	
7.	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	0	
b.	Opens airway adequately by placing the infants head in a neutral position.	1	0	
c.	Delivered two breathes over 1 second each to make the chest rise	1	0	

Skill X: Infant BLS/CPR – Rescuer 2 (continued)		Possible	Awarded
8.	Continued cycles of 30 compressions and 2 breaths with minimal interruptions until Rescuer 1 arrives. Instructs Rescuer 1 to perform chest compressions.	2 0	
9.	Took bag-mask and positioned self directly above the victim's head.	2 0	
10.	Used the E-C clamp technique a. Placed the mask on the victim's face, using the bridge of the nose as a guide for correct position. b. 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. c. 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 0 1 0 1 0	
11.	Squeezed the bag to give two breaths after every 15 compressions for 1 second each.	2 0	
12.	Responded to Rescuer 1's call to switch roles after two (2) cycles, taking less than 10 seconds to complete the switch and resume with chest compressions.	2 0	
13.	Performed chest compressions using 2 thumb-encircling hands technique (hands encircling chest, use both thumbs to depress the lower half of the breast bone), counting aloud, using a compressions to breaths ratio of 15:2.	2 0	
14.	15 compressions in no less than 7 and no more than 9 seconds. <i>Judge states "EMS has arrived and has taken over care of the victim."</i>	2 0	
15.	Gave information about victim to EMS rescuers.	2 0	
16.	Removed gloves properly without touching the outside of the gloves with bare hands.	2 0	
17.	Placed disposable PPE in a biohazard bag.	2 0	
18.	Used hand sanitizer.	2 0	
TOTAL POINTS – SKILL X		45	
70% Mastery for Skill X = 31.5			

***If a student jeopardizes the patient'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.*

CPR/FIRST AID – Rescuer 1

Team #: _____

Judge's Signature: _____

- *Rescuer 1 starts with one of the First Aid skills I-V, then moves to assist Rescuer 2 with BLS/CPR following the steps here.*

Skill XI:	Infant BLS/CPR (Rescuer 1 Assists)	Possible	Awarded
1.	After changing gloves, Rescuer 1 stated, "I can assist you in CPR." Provides Rescuer 2 with an infant bag mask	2	0
2.	Prepared for compressions with Rescuer 2 a. move to the feet of infant to begin compression	2	0
	b. begin compressions using 2 thumb-encircling hands technique (with hands encircling the chest, use both thumbs to depress the lower half half of the breastbone).	2	0
3.	Delivered 15 chest compressions:	2	0
	a. Pressed the infants breastbone down about 1 ½ inch	2	0
	b. Counted out loud "one, two, three, ... "	2	0
	c. Gave 15 compressions in no less than 7 and no more than 9 seconds	2	0
	d. Paused for ventilation after each 15 th compression	2	0
4.	After 2 cycles, called for change of position	2	0
5.	Moved to head and stated "resume compressions" (Took less than 10 seconds to resume compressions.)	2	0
6.	Successfully delivers 2 breaths with bag-mask	2	0
7.	Continued CPR cycles until judge states "EMS has arrived and has taken over care of victim."	2	0
8.	Returned to first aid victim to complete summary steps.	1	0
TOTAL POINTS – SKILL XI (RESCUER I)		23	
70% Mastery for Skill XI = 16.1			

***If a student jeopardizes the patient'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.*