

CPR/First Aid

New for 2018-2019

At ILC, [photo ID](#) must be presented prior to competing in each round.

- Purpose** To provide the HOSA member with an opportunity to develop and demonstrate knowledge and skills in team first aid and basic life support.
- 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 test score from Round One will be used to qualify the team for Round Two. In Round Two the team will demonstrate 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 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	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%
<ul style="list-style-type: none"> • 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. 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. 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*, 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. The test score from Round One will be used to qualify the team for the Round Two. 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 patient 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. A **twelve (12) minute maximum time limit** has been set for reviewing the scenario and caring for the patients (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.
9. HOSA Management and event personnel have the option of providing one additional minute to the skill event interval prior to the scenario for competitors to preview the equipment that is provided for the event. If given, the one minute allowed for equipment preview will be added to the overall skill interval and competitors will be told they have an extra minute to review the equipment.

10. 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. A sample scenario can be found [here](#).
11. 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.
12. 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.)
13. 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.
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)
- Two #2 lead pencils with eraser
- Watch with second hand (optional)
- [Photo ID](#)

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 non- latex 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.*

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

Required Personnel:

- One Event Manager
- One QA 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: two judges (one for each rescuer)
- Proctors for Testing – Approximately one proctor for 20 competitors
- Event assistants per section
- Timekeepers (if necessary)
- Moulage Specialist (if necessary)

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
- Holding rooms/areas for competitors (if off-site)
- Written Scenario-copies for judges, section leaders
- Patient and judge scripts as needed
- Stopwatch(s)
- 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 (judges & evaluations)
- Copy of guidelines for judges
- Hand sanitizer (alcohol based handrub)

Skill I: Severe Bleeding and Shock (DHO)

- One patient (check the scenario for particulars)
- Moulage or artificial bleeding wound
- t-shirts for patient to protect from moulage
- Medical information jewelry if called for in scenario

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

- One patient (check the scenario for particulars)
- Pillow for patient – the person playing the role of the patient 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 patient is NOT obese or pregnant.

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

- One patient (check the scenario for particulars)
- Moulage or artificial fracture/wound
- t-shirts for patient to protect from moulage
- Cold pack or bag and ice
- Towel
- Props or devices that can be used for splinting- magazines, textbooks, boards, cardboard

Skill IV: Severe Burns (DHO)

- One patient (check the scenario for particulars)
- Medical information jewelry if called for in scenario

Skill V: Heat-Related Emergency (DHO)

- One patient (check the scenario for particulars)
- Washcloth
- Water
- Juice or sports drink
- Medical information jewelry if called for in scenario
- Ice packs if indicated in scenario

Skill VI and VII: Adult BLS/CPR (BLS, AHA 2015)

- Adult CPR Manikin

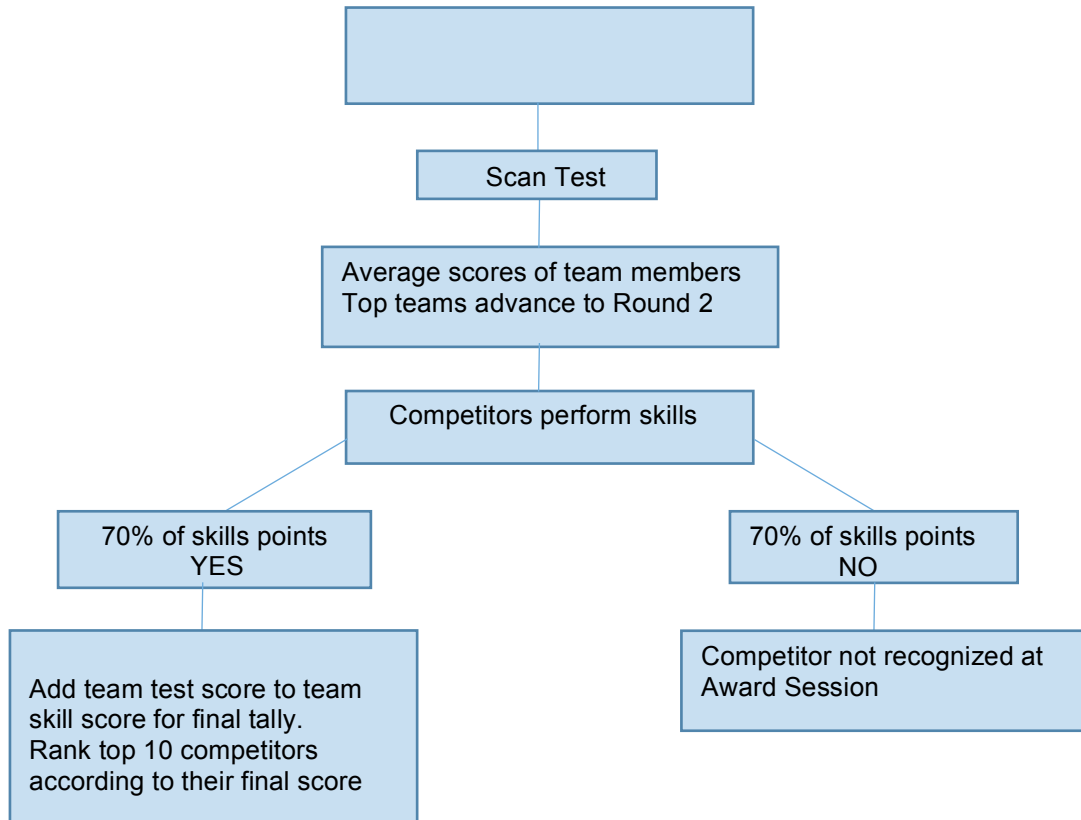
Skill VIII and IX: Adult BLS with AED (BLS, AHA 2015)

- Adult CPR Manikin
- AED (with appropriate size batteries)

Skill X and XI: Infant BLS/CPR (BLS, AHA 2015)

- Infant CPR Manikin

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.	Verified scene safety.	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>* Patient 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 patient(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, "Patient's overall appearance is grayish, cold and clammy."</i>	2	0
15.	Treated patient for shock		
a.	Helped the patient 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 patient 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		2 0	
18.	Communicated with and reassured patient throughout the scenario and until EMS arrived.		
19.	Gave information about patient 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 receptacle.	2 0	
22.	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 patient will be sitting or standing and is NOT pregnant or obese. This patient will not require EMS treatment or transport

Skill II: Choking		Possible	Awarded
1.	Observed a patient with signs of severe airway obstruction. (Verbalized, for the judges, the signs of severe airway obstruction that were observed.)	2 0	
2.	Asked the patient if he or she is choking. <i>* Patient 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>* Patient nods head yes and cannot talk.</i>	2 0	
5.	Stood behind the patient and wrapped arms around the patient's waist.	2 0	
6.	Made a fist with one hand.	1 0	
7.	Placed the thumb side of fist against the patient'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 patient's abdomen with a quick, forceful upward thrust. (DO NOT actually perform an abdominal thrust on the patient for this scenario.)	2 0	
9.	Repeated thrusts (SIMULATED) until object is expelled from the airway or patient 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 patient(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 patient 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 receptacle.	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.	Verified scene safety.	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>* Patient consents to treatment.</i>	2	0
5.	Quickly assessed the situation (asked the patient 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 patient(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

Skill III: Open Fracture and Splinting (continued)	Possible	Awarded
Summary Steps		
18. Communicated with and reassured patient throughout the scenario.	2 0	
19. Gave information about patient 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 receptacle.	2 0	
22. Used hand sanitizer.	2 0	
TOTAL POINTS – SKILL III	39	
70% Mastery for Skill III = 27.3		

***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.	Verified scene safety.	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>* Patient 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 patient(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 patient has burns on the face, or is experiencing difficulty breathing <i>* Judge states, "Patient's skin is grayish, cold and clammy."</i>	2	0	
10.	Treated patient for shock			
a.	Helped the patient 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 elevation causes pain or difficulty breathing lower legs to flat position).	1	0	
c.	Covered the patient 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	

Skill IV: Severe Burns (continued)	Possible	Awarded
Summary Steps		
13. Communicated with and reassured patient throughout the scenario.	2 0	
14. Gave information about patient 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 receptacle.	2 0	
17. Used hand sanitizer.	2 0	
TOTAL POINTS -- SKILL IV 70% Mastery for Skill IV = 25.2	36	

***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.	Verified scene safety.	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>* Patient 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.	Observed patient closely for signs and symptoms of heat exposure. Information may be obtained directly from patient or observers.	2	0	
8.	Responded to Rescuer 2's call for help.	1	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 patient(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 patient 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 patient to a cool area (if possible).	2	0	
	b. Help the patient 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 patient's face. <i>* Judge states, "Patient is conscious."</i>	2	0	
	e. Gave small sips of juice, sports drink, or water (4 oz every 15 min)	2	0	
	f. If patient 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 patient 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	

Skill V: Heat-Related Emergency		Possible	Awarded
14.	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	
15.	Communicated with and reassured patient throughout the scenario.	2 0	
16.	Gave information about the patient to EMS rescuers.	2 0	
17.	Removed gloves properly without touching the outside of the gloves with your bare hands.	2 0	
18.	Placed disposable PPE in a biohazard receptacle.	2 0	
19.	Used hand sanitizer.	2 0	
TOTAL POINTS -- SKILL V 70% Mastery for Skill V = 30.8		44	

***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.	Verified scene safety.	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 patient has normal breathing and a pulse for no less than 5 and no more than 10 seconds.		
	a. Check for breathing by scanning the patient's chest for rise and fall.	2	0
	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 patient's side.	1	0
	b. Made sure patient is lying faceup on a firm, flat surface.	1	0
	c. Put the heel of one hand on the center of the patient'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 patient's face, using the bridge of the nose as a guide for correct position.	1	0
	b. Sealed the mask on the patient's face. <ul style="list-style-type: none"> • Used the hand that is closer to the top of the patient's head And placed index finger and thumb along the edge of the mask 	1	0

Skill VI: Adult BLS/CPR – Rescuer 2 (continued)		Possible	Awarded
	<ul style="list-style-type: none"> Placed the thumb of his/her second hand along the bottom edge of the mask. 	1 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 patient'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 patient's head.	2 0	
10.	Used the E-C clamp technique		
a.	Performed a head tilt.	1 0	
b.	Placed the mask on the patient'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	
11.	Squeezed the bag to give two breaths for 1 second each after every 30 compressions.	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. *Judge states "EMS has arrived and has taken over care of the patient."	1 0	
14.	Gave information about patient 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 receptacle.	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 patient's side.	1	0
b.	Made sure patient is lying face up on a firm, flat surface.	1	0
c.	Put the heel of one hand on the center of the patient'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 patient's head.	2	0
5.	Used the E-C clamp technique.	1	0
a.	Performed a head tilt.		
b.	Placed the mask on the patient'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 for 1 second each after every 30 compressions. * Judge states "EMS has arrived and has taken over care of the patient."	2	0

Skill VII: Adult BLS/CPR – Rescuer 2 (continued)	Possible	Awarded
7. Returned to First Aid patient 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.	Verified scene safety.	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 patient 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 patient's chest for rise and fall.	2	0	
	b. Performed a pulse check by feeling for a carotid pulse (located trachea using 2 or e fingers and slid into groove between trachea and neck muscle). * Judge states, "Not breathing." or "Not breathing normally" and "No pulse."	2	0	
6.	Initial Chest Compressions (30)			
	a. Positioned self at the patient's side	1	0	
	b. Made sure patient is lying faceup on a firm, flat surface.	1	0	
	c. Put the heel of one hand on the center of the patient'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 patient's face, using the bridge of the nose as a guide for correct position.	1	0	
	b. Sealed the mask on the patient's face.			
	• Used the hand that is closer to the top of the patient's head and placed index finger and thumb along the edge of the mask.	1	0	
	• Placed the thumb of his/her second hand along the bottom edge of the mask.	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 patient'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 patient 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 patient 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 patient'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 patient'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 life 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 patient."</i>	2	0	
19.	Gave information about patient 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	

Skill VIII: Adult BLS/CPR – Rescuer 2 (continued)	Possible	Awarded
22. Used hand sanitizer.	2 0	
TOTAL POINTS – SKILL VIII 70% Mastery for Skill VIII = 36.4	52	

***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

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.

Team #: _____

Judge's Signature: _____

Procedure IX: Adult BLS with AED – Rescuer 1 Assists		Possible	Awarded
1.	After treating first aid patient 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 patient 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 patient 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 patient's side.	1 0	
b.	Put the heel of one hand on the center of the patient'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 patient's head.	2 0	
9.	Used the E-C clamp technique		
a.	Perform a head tilt.	1 0	
b.	Placed the mask on the patient'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 for one (1) second each after every 30 compressions until: Judge states "EMS has arrived & has taken over care of the patient."	2 0	
11.	Returned to First Aid patient to complete summary steps.	1 0	
TOTAL POINTS – SKILL IX		29	
70% Mastery for Skill IX = 20.3			

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.	Verified scene safety.	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. * Judge states, "AED is not available."	1	0	
5.	Checked to see if the patient has a normal breathing and a pulse for no less than 5 and no more than 10 seconds.	2	0	
	a. Checked for breathing by scanning the patient'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) . * Judge states, "Not breathing." or "Not breathing normally" and "No pulse".	2	0	
6.	Initial Chest Compressions (30)			
	a. Positioned self at the patient's side.	1	0	
	b. Made sure patient 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 patient'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 patient’s head.	2 0	
10.	Used the E-C clamp technique		
	a. Placed the mask on the patient’s face, using the bridge of the nose as a guide for correct placement	1 0	
	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.	1 0	
	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	
11.	Squeezed the bag to give 2 breaths for 1 second each after every 15 compressions.	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. *Judge states “EMS has arrived and has taken over care of the patient.”	2 0	
15.	Gave information about patient 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 receptacle.	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 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 " <i>EMS has arrived and has taken over care of patient.</i> "	2	0
8.	Returned to first aid patient to complete summary steps.	1	0
TOTAL POINTS – SKILL XI (RESCUER I) 70% Mastery for Skill XI = 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.*