

# CERT Skills

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**Purpose:** To provide HOSA members with an opportunity to develop and demonstrate knowledge and skills they will need to respond to their community’s immediate needs in the aftermath of a disaster, when emergency services are not immediately available.

**Description** 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**
1. Competitors in this event must be active members of HOSA 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 written 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:	<b>Written Test Plan</b>	
	Disaster Preparedness.....	15%
	Fire Safety.....	8%
	Treating Life Threatening Conditions.....	20%
	Triage .....	10%
	Disaster Medical Operations.....	25%
	Light Search and Rescue Operations.....	10%
	Disaster Psychology.....	4%
	Terrorism.....	8%

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 references selected for each skill are from the CERT Curriculum.
  - CERT Online Curriculum [http://www.citizencorps.gov/cert/training\\_mat.shtm](http://www.citizencorps.gov/cert/training_mat.shtm)
  - CERT Training Manual (spiral bound book option of the online curriculum)

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

7. Each team must consist of two members. The Round One test scores will be averaged and used to qualify the team for the Round Two skills. One, two or three skills will be selected and may be evaluated as stand-alone skills, or in combination. The skills approved for this event are:
  - Skill I: Treating Life-Threatening Conditions
  - Skill II: Triage
  - Skill III: Head-to-Toe Assessment
  - Skill IV: Lifts and Carries
  - Skill V: Splinting a Closed Fracture
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 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 may be penalized.
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. Timing will begin when the scenario is presented to the team. Competitors will be stopped at the end of the time allowed. The maximum time for each skill takes into consideration the time needed to read the scenario. Note: Team members may

verbalize/simulate the helmet and boots, and may don safety equipment prior to receiving the scenario.

12. Teams 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.
13. In case of a tie, the highest averaged test score will be used to determine the rank.

**Competitors Must Provide:**

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

Disaster Kit with the following items:

- Barrier supplies for each competitor:
  - o Box of exam gloves
  - o Goggles or safety glasses
  - o 2 dust masks
- Helmet (may be simulated/verbalized)
- Boots (may be simulated/verbalized)
- 4x4 dressings (2 per team member)
- Pressure bandages
- Scissors
- Flashlights
- Blankets (one per team member)
- Victim tags (14) (note cards) and pen or marker (may **NOT** be pre-printed)
- Plain paper (or note cards) for writing triage documentation and labeling treatment areas if needed
- Masking tape
- Clip board and spiral notebook (optional)

**Required Personnel**

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

Checklist

- Rooms or off-site locations for selected skills
- Holding rooms or areas for competitors (if off-site)
- Calculators, note pads, pencils for judges
- Stopwatch
- Written scenario

- Patient and judge scripts as needed
- Rating sheets – one per judge per team
- Evaluation Forms – competitor, judge, and personnel
- #2 lead pencils with eraser to complete evaluations
- Props consistent with the emergency setting, which may include items that can be used by the competitors in responding to the emergency.

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

Checklist

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

**Round Two Skills:**

**Skill I**

**Treating Life Threatening Conditions**

Checklist

- Two victims – one manikin and one role player
- Moulage for bleeding victim

**Skill II**

**Triage**

Checklist

- Four to eight victims, can be manikins and/or role players
- Letters for labeling each victim – A through H. Not all letters may be used. Letters are randomly assigned and are only used to identify victims to judges.
- Moulage and/or injury condition cards for each victim

**Skill III**

**Head-to-Toe Assessment**

Checklist

- Two victims

**Skill IV**

**Lifts and Carries**

Checklist

- One victim who is small of stature – Skill IV-A
- Four victims – living or manikin – Skill VI-B
- Chairs, tables, and assorted furniture
- “Safe Area” sign
- No scenario required – this skill is designed to have teams demonstrate their ability to perform all five lifts on the rating sheet as directed by the judges. – Skill IV-A

**Skill V**

**Splinting a Closed Fracture**

Checklist






- One victim
- Assorted materials that could be used as splints, ties or padding
- “Safe Area” sign

**Sample Round One Test Questions**

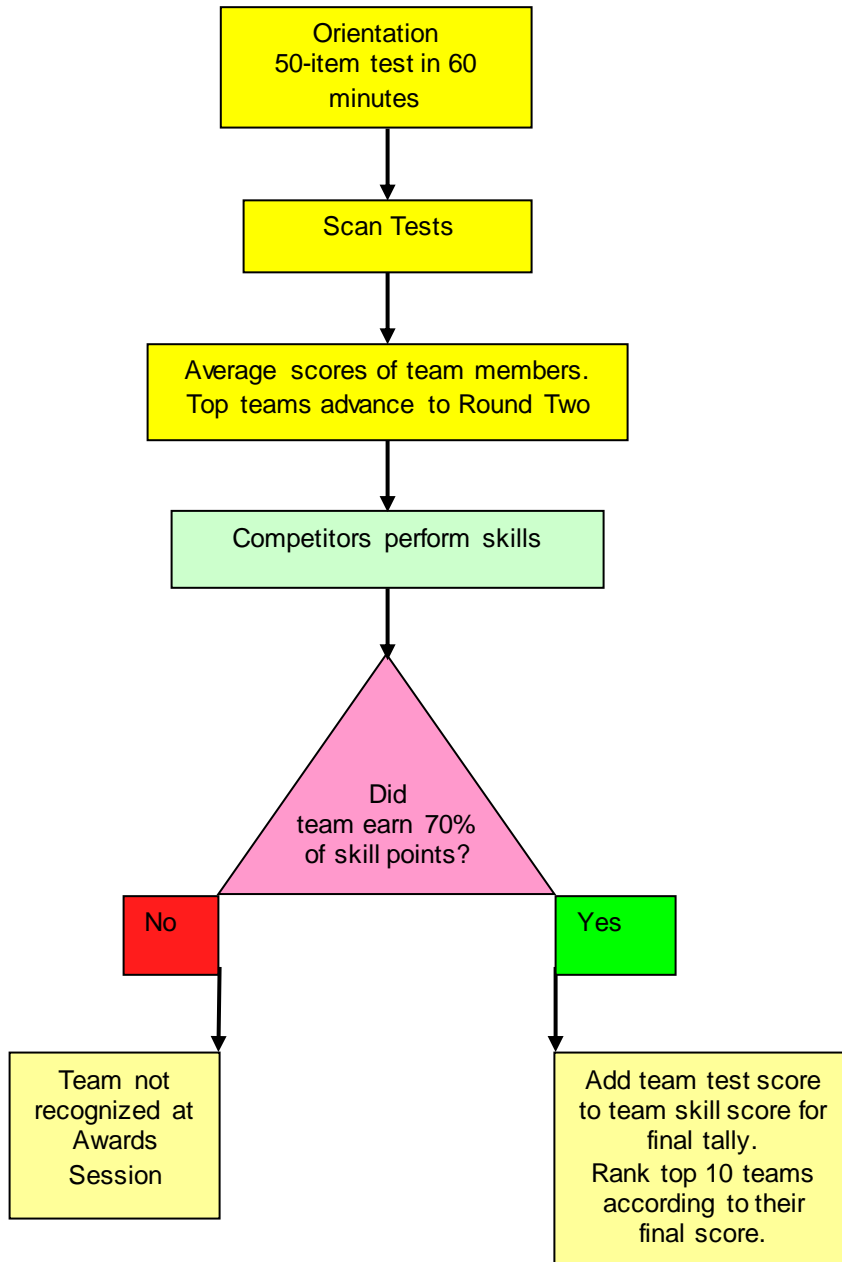
1. The law that protects volunteers who provide care in a prudent and reasonable manner is the:
  - A. American Health Care Benefit Act.
  - B. First Aid Responsibility law.
  - C. Good Samaritan law.
  - D. US Disaster Recovery Act.

2. How many times should CERT members attempt to restore breathing of a victim before moving to the next victim?
- A. Once
  - B. Twice
  - C. Three times
  - D. Multiple times
3. The patient with a nose bleed should be positioned:
- A. on abdomen.
  - B. on back with head slightly elevated.
  - C. sitting with head slightly backward.
  - D. sitting with head slightly forward.

### Icon Key

	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



## CERT SKILLS

Team #: \_\_\_\_\_ Section #: \_\_\_\_\_

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

<b>Skill I: Treating Life-Threatening Conditions: Opening the Airway (Rescuer 1) (5 minutes)</b>	<b>Possible</b>	<b>Awarded</b>
1. Donned safety equipment (helmet, goggles, gloves, mask and boots).	1 0	
2. Surveyed the scene by doing a thorough size-up.	2 0	
3. Identified an unconscious victim (manikin).	1 0	
4. At arm's distance, shake the victim by touching the shoulder and shouting "Can you hear me?" <i>* Judge states, "No response."</i>	2 0	
5. Placed the palm of one hand on the forehead.	1 0	
6. Placed two fingers of the other hand under the chin and tilted the jaw upward while lifting the head back slightly.	2 0	
7. Placed ear over victim's mouth, looking toward the feet, and placed a hand on the victim's abdomen.	2 0	
8. Looked for chest rise.	1 0	
9. Listened for air exchange.	1 0	
10. Felt for abdominal movement. <i>* Judge states, "Attempt to open airway unsuccessful."</i>	1 0	
11. Repeats steps 4 – 9. <i>* Judges states, "Breathing has been restored" OR "Attempt to open airway unsuccessful."</i>	2 0	
12. Correctly responded to breathing victim. a. Maintained the airway by asking a volunteer to hold the head in place OR placing a soft object under the victim's shoulders to elevate the shoulder's slightly. b. Treated for shock by elevating the feet 6-10" above the heart. c. Covered the victim with a blanket or available covering.  <b>OR</b> Correctly responded to non-breathing victim by going to help partner and/ or Another victim.	2 0 1 0 1 0 4 0	
<b>TOTAL POINTS -- SKILL I (Rescuer 1)</b> <b>70% Mastery for Skill I (Rescuer 1) = 14.7</b>	<b>20</b>	

*\*\*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.*

## CERT SKILLS

Team #: \_\_\_\_\_ Section #: \_\_\_\_\_

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

<b>Skill I: Treating Life-Threatening Conditions: Controlling Bleeding (Rescuer 2) (5 minutes)</b>	<b>Possible</b>	<b>Awarded</b>
1. Donned safety equipment (helmet, goggles, gloves, mask and boots).	1 0	
2. Surveyed the scene by doing a thorough size-up.	2 0	
3. Identified a victim with uncontrolled bleeding.	1 0	
4. Identified self and reassured victim.	2 0	
5. Placed direct pressure over the wound by putting a clean dressing over the wound and pressing firmly.	2 0	
6. Maintained pressure on the dressing over the wound by wrapping with a pressure bandage.	2 0	
7. Pressure bandage is wrapped firmly and tied with a bow.	2 0	
8. <i>Judge states, "Victim's limb is turning blue."</i> Reties pressure bandage to loosen.	2 0	
9. <i>Judge states, "Wound is still bleeding."</i> Elevates limb and applies pressure on pressure point while maintaining direct pressure on wound.	3 0	
10. Maintains pressure for 30 seconds to 1 minute while calmly reassuring victim until: <i>* Judge states, "Bleeding is controlled. Victim has begun rapid and shallow breathing."</i>	2 0	
11. Checks capillary refill. <i>* Judges states, "Capillary refill is greater than 2 seconds."</i>	2 0	
12. Correctly treated for shock. a. Placed covering under the victim and placed victim on his/her back. b. Elevated the feet 6-10" above the heart. c. Covered the victim with a blanket or available covering.	1 0 1 0 1 0	
<b>TOTAL POINTS -- SKILL I (Rescuer 2)</b> <b>70% Mastery for Skill I (Rescuer 2) = 16.8</b>	<b>24</b>	

**\*\*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.**



## CERT SKILLS

Team #: \_\_\_\_\_ Section #: \_\_\_\_\_

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

<b>Skill II: Triage (6-8 minutes)</b>		<b>Possible</b>		<b>Awarded</b>
1.	Donned safety equipment (helmet, goggles, gloves, mask and boots).	1	0	
2.	Surveyed the scene by doing a thorough size-up.	1	0	
3.	Quickly verbalized consideration of their safety, capability, and limitations, and decided if they should approach the situation and how.	3	0	
4.	One rescuer called out "Community Emergency Response Team. If you can walk, come to the sound of my voice."	2	0	
5.	If there are any ambulatory survivors, tagged them as "M" and asked them to wait in designated area.	2	0	
6.	Verbalized a systematic plan for evaluation, beginning with closest victim and working outward.	2	0	
7.	Evaluated each victim. <i>(Judges will use the Triage Treatment chart to score the treatment of each victim.)</i>		-	
8.	Treated "I" victims immediately.	2	0	
9.	Total points for treatment of Victim A.	___	max.	
10.	Total points for treatment of Victim B.	___	max.	
11.	Total points for treatment of Victim C.	___	max.	
12.	Total points for treatment of Victim D.	___	max.	
13.	Total points for treatment of Victim E.	___	max.	
14.	Total points for treatment of Victim F.	___	max.	
15.	Total points for treatment of Victim G.	___	max.	
16.	Total points for treatment of Victim H.	___	max.	
17.	Rescuer 1 changed gloves between each victim.	3	0	
18.	Rescuer 2 changed gloves between each victim.	3	0	
19.	Correctly documented location and status of each victim on paper	3	0	
<b>TOTAL POINTS -- SKILL II</b>		*		

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

\* Insert points possible for the scenario as written.

**\*\*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.**

# CERT SKILLS

Team #: \_\_\_\_\_ Section #: \_\_\_\_\_

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

Rescuer  1  2

- This chart is to be used for evaluating the Triage skill. Each section will include 4 – 8 victims. There will be at least one of each category of victim.
- Each judge will have a copy of the chart and will evaluate one of the team members using this chart.
- Scores from this treatment chart will be transferred to the triage rating sheet for the team. There is no scantron form for the Triage Treatment Chart.
- Judges write N/A in Points Allocated box if that step is not required in treating the victim.

Skill II: Triage Treatment Chart						
Victim Letter	Step	Skill	Points Possible	Points Awarded		
	1	a. Checked airway/breathing, at arm's distance, shook the victim and shouted, or talked to victim.	1	0		
		b. If not responsive, positioned airway, "look, listen and feel", checked breathing rate. If responsive, moved to step #2.	1	0		
		c. If above 30 resp/min, treated for shock and tagged "I"	1	0		
		d. If below 30 resp/min, moved to step #2.	1	0		
		e. If victim not breathing after 2 attempts to open airway, tagged "DEAD."	1	0		
	2	a. Took immediate action to control severe bleeding.	1	0		
		b. Checked circulation using blanch test or radial pulse.	1	0		
		c. Treated for shock if indicated and tagged "I."	1	0		
	3.	a. Checked mental status by giving a single command such as "squeeze my hand." If follows command, tagged as "D."	1	0		
		b. If unable to respond, treated for shock and tagged "I."	1	0		
	<b>TOTAL POINTS FOR THIS VICTIM</b>			7 Max.		
		1	a. Checked airway/breathing, at arm's distance, shook the victim and shouted, or talked to victim.	1	0	
			b. If not responsive, positioned airway, "look, listen and feel", checked breathing rate. If responsive, moved to step #2.	1	0	
			c. If above 30 resp/min, treated for shock and tagged "I"	1	0	
d. If below 30 resp/min, moved to step #2.			1	0		
e. If victim not breathing after 2 attempts to open airway, tagged "DEAD."			1	0		
2		a. Took immediate action to control severe bleeding.	1	0		
		b. Checked circulation using blanch test or radial pulse.	1	0		
		c. Treated for shock if indicated and tagged "I."	1	0		
3.		a. Checked mental status by giving a single command such as "squeeze my hand." If follows command, tagged as "D."	1	0		
		b. If unable to respond, treated for shock and tagged "I."	1	0		
<b>TOTAL POINTS FOR THIS VICTIM</b>			7 Max.			

Skill II: Triage Treatment Chart – Page 2 Team Member _____						
Victim Letter	Step	Skill	Points Possible		Points Awarded	
	1	a. Checked airway/breathing, at arm's distance, shook the victim and shouted, or talked to victim.	1	0		
		b. If not responsive, positioned airway, "look, listen and feel", checked breathing rate. If responsive, moved to step #2.	1	0		
		c. If above 30 resp/min, treated for shock and tagged "I"	1	0		
		d. If below 30 resp/min, moved to step #2.	1	0		
		e. If victim not breathing after 2 attempts to open airway, tagged "DEAD."	1	0		
	2	a. Took immediate action to control severe bleeding.	1	0		
		b. Checked circulation using blanch test or radial pulse.	1	0		
		c. Treated for shock if indicated and tagged "I."	1	0		
	3.	a. Checked mental status by giving a single command such as "squeeze my hand." If follows command, tagged as "D."	1	0		
		b. If unable to respond, treated for shock and tagged "I."	1	0		
	<b>TOTAL POINTS FOR THIS VICTIM</b>			7	Max.	
		1	a. Checked airway/breathing, at arm's distance, shook the victim and shouted, or talked to victim.	1	0	
			b. If not responsive, positioned airway, "look, listen and feel", checked breathing rate. If responsive, moved to step #2.	1	0	
			c. If above 30 resp/min, treated for shock and tagged "I"	1	0	
d. If below 30 resp/min, moved to step #2.			1	0		
e. If victim not breathing after 2 attempts to open airway, tagged "DEAD."			1	0		
2		a. Took immediate action to control severe bleeding.	1	0		
		b. Checked circulation using blanch test or radial pulse.	1	0		
		c. Treated for shock if indicated and tagged "I."	1	0		
3.		a. Checked mental status by giving a single command such as "squeeze my hand." If follows command, tagged as "D."	1	0		
		b. If unable to respond, treated for shock and tagged "I."	1	0		
<b>TOTAL POINTS FOR THIS VICTIM</b>			7	Max.		

Judge reminders:

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

## CERT SKILLS

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

Rescuer  1  2

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

<b>Skill III: Head-to-Toe Assessment (5 minutes)</b>	<b>Possible</b>	<b>Awarded</b>
1. Donned safety equipment (helmet, goggles, gloves, mask and boots).	1 0	
2. Identified a victim to assess.	1 0	
3. Assessed location and verbalized level of safety. If not in safe or lightly damaged building, moved victim to safe zone.	1 0	
4. Asked "How were you hurt?" if victim responsive and able to communicate.	1 0	
5. If conscious, asked permission to conduct assessment.	1 0	
6. If responsive, asked victim about injuries, pain, bleeding or other symptoms, and checked for medical ID emblems on bracelet or necklace.	1 0	
7. Checked body parts from the top to the bottom for continuity of bones and soft tissue injuries (DCAP-BTLS) and pulse, movement, sensation in all extremities, in the following order:	1 0	
a. Evaluated head and verbalized observations.	1 0	
b. Evaluated neck and verbalized observations.	1 0	
c. Evaluated shoulders and verbalized observations.	1 0	
d. Evaluated chest and verbalized observations.	1 0	
e. Evaluated arms and verbalized observations.	1 0	
f. Evaluated abdomen and verbalized observations.	1 0	
g. Evaluated pelvis and verbalized observations.	1 0	
h. Evaluated legs and verbalized observations.	1 0	
8. Talked to victim throughout assessment to reduce anxiety.	1 0	
9. Kept the spine in a straight line during assessment.	1 0	
10. Verbalized the type of treatment that is needed.	3 0	
11. Correctly documented injuries on tag.	3 0	
<b>TOTAL POINTS -- SKILL III</b>	<b>22</b>	
<b>70% Mastery for Skill III = 15.4</b>		

*\*\*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.*

# CERT SKILLS

Team #: \_\_\_\_\_ Section #: \_\_\_\_\_

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

The purpose of Skill IV-A is to demonstrate the ability to perform lifts and carries. The skill performance is done in a classroom or meeting room setting, and the judge directs the competitors to perform the lifts. In lifts #1 and #4, team members demonstrate the lift on each other. In #2 and #3, the lift is demonstrated on a volunteer who is small in stature.

**Note to judges:** You will use the sequence below for each lift to instruct the competitors on the lifts to be demonstrated. **Competitor safety** must be the primary consideration during the demonstration of each lift.

<b>Skill IV-A: Lifts and Carries – Demonstration (8 minutes)</b>	<b>Possible</b>	<b>Awarded</b>
<p><i>Judge instructs one team member where to sit to assume the role of victim, and instructs the other team member to move the victim to safety using the one-person pack-strap carry.</i></p> <p><b>**For this lift, competitors should <u>verbalize and simulate</u> the lift WITHOUT actually lifting the other person.</b></p> <p>1. One-Person Pack-Strap Carry</p> <p>a. Verbalized to victim "I'm going to carry you to safety."</p> <p>b. Stood with his/her back to the victim.</p> <p>c. Placed the victim's arms over the rescuer's shoulders and grabbed the hands in front of the rescuer's chest.</p> <p>d. Hoisted the victim by bending forward slightly, until his/her feet just cleared the floor.</p> <p>e. Carried victim to safe area and gently lowered victim to chair/ground, keeping the back straight and using the legs.</p>	<p>1    0</p> <p>1    0</p> <p>1    0</p> <p>1    0</p> <p>1    0</p>	
<p><i>Judge instructs volunteer victim where to sit and instructs the rescuers where to move the victim to safety (a very short distance) using the two-person carry.</i></p> <p>2. Two-Person Carry</p> <p>a. Verbalized to victim "We are going to carry you to safety."</p> <p>b. Rescuer 1 squatted at the victim's head and grasped the victim from behind the midsection, then reached under the arms and grasped the victim's left wrist with his/her right hand, and vice versa.</p> <p>c. Rescuer 2 squatted between the victim's knees, facing either toward or away from the victim, and grasped the outside of the victim's legs at the knees.</p> <p>d. Both rescuers rose to a standing position, keeping backs straight and lifting with legs.</p> <p>e. Carried victim to safe area and gently lowered victim to chair/ground, keeping the back straight and using the legs.</p> <p>f. Rescuers communicated with each other and coordinated their movements throughout the lift.</p>	<p>1    0</p> <p>1    0</p> <p>1    0</p> <p>1    0</p> <p>1    0</p> <p>2    0</p>	

Items Evaluated	Points Possible	Points Awarded
<p><i>Judge instructs volunteer victim where to sit and instructs the rescuers to move the victim to safety (a very short distance) using the chair carry.</i></p> <p>3. Chair Carry</p> <p>a. Verbalized to victim “We are going to carry you to safety.”</p> <p>b. Rescuer 1 crossed the victim’s arms in his or her lap, and faced the back of the chair and grasped the back uprights.</p> <p>c. Rescuer 2 grasped the two front legs of the chair. <i>* Either facing the victim or facing away from the victim, whichever is more comfortable for the rescuer.</i></p> <p>d. Both rescuers tilted the chair back and lifted simultaneously.</p> <p>e. Carried victim to safe area and gently set the chair down.</p> <p>f. Rescuers communicated with each other and coordinated their movements throughout the lift.</p>	<p>1 0</p> <p>1 0</p> <p>1 0</p> <p>1 0</p> <p>1 0</p> <p>2 0</p>	
<p><i>Judge instructs the other team member where to lie to assume the role of victim, and instructs the rescuer to move the victim to safety using the blanket drag.</i></p> <p><b>**For this lift, competitors should <u>verbalize</u> and <u>simulate</u> the lift WITHOUT actually dragging the blanket.</b></p> <p>4. Blanket Drag</p> <p>a. Assessed location and verbalized to the judge that there is no debris that would cause additional injury.</p> <p>b. Verbalized to victim “I’m going to wrap you in a blanket and move you to safety.”</p> <p>c. Wrapped the victim in a blanket.</p> <p>d. Squatted at the victim’s head and grasped the blanket behind the victim’s head.</p> <p>e. Dragged the victim clear of the hazard.</p>	<p>1 0</p> <p>1 0</p> <p>1 0</p> <p>1 0</p> <p>1 0</p>	
<p>5. Rescuer 1 effectively communicated with the victims.</p>	<p>2 0</p>	
<p>6 Rescuer 2 effectively communicated with the victims.</p>	<p>2 0</p>	
<p><b>TOTAL POINTS -- SKILL IV-A</b></p> <p><b>70% Mastery for Skill IV-A = 19.6</b></p>	<p><b>28</b></p>	

If the performance of any lift or carry could be considered unsafe, please have the competitors demonstrate and verbalize the lift without actually lifting the victim.

*\*\*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.*

## CERT SKILLS

Team #: \_\_\_\_\_ Section #: \_\_\_\_\_

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

The purpose of Skill **IV-B** is to demonstrate the ability to perform lifts and carries. The skill performance is done in a simulated disaster setting. There will be 4 victims (volunteer persons or manikins) with tags that identify their condition and lift to be used to remove them to safety.

**Note to judges and event personnel:** Competitor safety must be the primary consideration during the demonstration of each lift. If the performance of any lift or carry could be considered unsafe, please have the competitors demonstrate and verbalize the lift without actually lifting the victim.

Skill IV-B: Lifts and Carries – Scenario (6 minutes)	Possible		Awarded
1. Donned safety equipment (helmet, goggles, gloves, mask and boots).	1	0	
2. Surveyed the scene by doing a thorough size-up.	1	0	
3. Quickly verbalized consideration of their safety, capability, and limitations, and decided if they should approach the situation and how.	3	0	
<i>Rescuer 1</i>			
<b>**For this lift, the competitor should <u>verbalize</u> and <u>simulate</u> the lift WITHOUT actually lifting the other person.</b>			
4. One-Person Pack-Strap Carry			
a. Verbalized to victim "I'm going to carry you to safety."	1	0	
b. Stood with his/her back to the victim.	1	0	
c. Placed the victim's arms over the rescuer's shoulders and grabbed the hands in front of the rescuer's chest.	1	0	
d. Hoisted the victim by bending forward slightly, until his/her feet just cleared the floor.	1	0	
e. Carried victim to safe area and gently lowered victim to chair/ground, keeping the back straight and using the legs.	1	0	
<i>Rescuer 2</i>			
<b>**For this lift, competitors should <u>verbalize</u> and <u>simulate</u> the lift WITHOUT actually dragging the blanket.</b>			
5. Blanket Drag			
a. Assessed location and verbalized to the judge that there is no debris that would cause additional injury.	1	0	
b. Verbalized to victim "I'm going to wrap you in a blanket and move you to safety."	1	0	
c. Wrapped the victim in a blanket.	1	0	
d. Squatted at the victim's head and grasped the blanket behind the victim's head.	1	0	
e. Dragged the victim clear of the hazard.	1	0	

Items Evaluated	Points Possible	Points Awarded
<p><i>Both Rescuers</i></p> <p>6. Two-Person Carry</p> <p>a. Verbalized to victim "We are going to carry you to safety."</p> <p>b. Rescuer 1 squatted at the victim's head and grasped the victim from behind the midsection, then reached under the arms and grasped the victim's left wrist with his/her right hand, and vice versa.</p> <p>c. Rescuer 2 squatted between the victim's knees, facing either toward or away from the victim, and grasped the outside of the victim's legs at the knees.</p> <p>d. Both rescuers rose to a standing position, keeping backs straight and lifting with legs.</p> <p>e. Carried victim to safe area and gently lowered victim to chair/ground, keeping the back straight and using the legs.</p> <p>f. Rescuers communicated with each other and coordinated their movements throughout the lift.</p>	<p>1 0</p> <p>1 0</p> <p>1 0</p> <p>1 0</p> <p>1 0</p> <p>2 0</p>	
<p><i>Both Rescuers</i></p> <p>7. Chair Carry</p> <p>a. Verbalized to victim "We are going to carry you to safety."</p> <p>b. Rescuer 1 crossed the victim's arms in his or her lap, and faced the back of the chair and grasped the back uprights.</p> <p>c. Rescuer 2 grasped the two front legs of the chair. <i>*Either facing the victim or facing away from the victim, whichever is more comfortable for the rescuer.</i></p> <p>d. Both rescuers tilted the chair back and lifted simultaneously.</p> <p>e. Carried victim to safe area and gently set the chair down.</p> <p>f. Rescuers communicated with each other and coordinated their movements throughout the lift.</p>	<p>1 0</p> <p>1 0</p> <p>1 0</p> <p>1 0</p> <p>1 0</p> <p>2 0</p>	
<p>8. Rescuer 1 effectively communicated with the victims.</p>	<p>2 0</p>	
<p>9. Rescuer 2 effectively communicated with the victims.</p>	<p>2 0</p>	
<p><b>TOTAL POINTS – SKILL IV-B</b></p> <p><b>70% Mastery for Skill IV-B = 23.1</b></p>	<p><b>33</b></p>	

*\*\*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.*



## CERT SKILLS

Team #: \_\_\_\_\_ Section #: \_\_\_\_\_

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

*\*Rescuers will work together while performing this skill. A single rating sheet will be used to evaluate both competitors.*

<b>Skill V: Splinting a Closed Fracture (5 minutes)</b>		<b>Possible</b>		<b>Awarded</b>
1.	Donned safety equipment (helmet, goggles, gloves, mask and boots).	1	0	
2.	Surveyed the scene by doing a thorough size-up.	2	0	
3.	Identified a conscious victim with a closed injury to an extremity.	1	0	
4.	Verbalized a suspected fracture, dislocation, sprain or strain, and the decision to treat the injury as a fracture.	1	0	
5.	Assessed PMS in the affected limb before splinting. Correctly verbalized treatment priority – “M” or “I”.	2	0	
6.	Looked around for and identified splinting materials. <i>*Competitors may use materials they brought with them or found in the immediate vicinity of the scenario.</i>	2	0	
7.	Supported the injured area above and below the site of the injury.	1	0	
8.	Removed restrictive clothing, shoes and jewelry if necessary.	1	0	
9.	Applied the splint to the injury in the position in which it was found without trying to realign the bones or joints.	3	0	
10.	Secured the split with available ties to effectively hold the split in place, and without compromising circulation.	1	0	
11.	Filled any voids to further stabilize and immobilize the injury.	1	0	
12.	Immobilized the joints above and below the injury. (As appropriate.)	1	0	
13.	Reassessed PMS and evaluated against initial PMS assessment. Verbalized findings to judge.	2	0	
14.	Communicated effectively with the victim and each other throughout skill.	2	0	
<b>TOTAL POINTS -- SKILL V</b>		<b>21</b>		
<b>70% Mastery for Skill V = 14.7</b>				

*\*\*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.*