

# CPR/First Aid

<b>Dress Code</b>	Attire appropriate to the occupational area
<b>SLC Orientation</b>	Event explained to the competitors and individual timecards handed out. Students will return to the event room at least 5 minutes before their allotted time. Students will have a secret scenario to solve when it is their turn to compete. Students not share the secret scenario when they leave the event as it is an automatic disqualification.
<b>Round # 1</b>	Competitors must submit technical skill video to Montana HOSA by deadline. Additionally, competitors will take an online test during the testing window. Advisors will be informed of which competitors have moved on from Round 1 to qualify to participate in Round 2 at SLC. *Note: As a teamwork event, both members must take the online test and both must be in the videos although just one member will submit the video.
<b>Round # 2</b>	Skill procedures from rubric guidelines will be performed by competitors. Competitors may be asked to do one or multiple of the performance skills.
<b>Scoring</b>	Round 1 online testing scores will be combined with Round 2 skill procedures for a total score.

**NEW:** HOSA follows **American Heart Association (AHA) OR American Red Cross (ARC)** guidelines for healthcare providers. Teams can choose which organization's protocols to follow. Where steps differ between organizations the team will have the option of following either of the steps (see rubrics). Teams will notify judges which organization's protocols they are using before beginning a skill.

### Official References

All official references are used in the development of the written test and skill rating sheets.

- [American Red Cross. Basic Life Support. Latest edition.](#)
- [American Red Cross. First Aid/CPR/AED. Latest edition.](#)
- [American Heart Association. Basic Life Support. Latest edition.](#)
- [American Heart Association. Heartsaver First Aid. Latest edition.](#)
- [Simmers, L., Simmers-Nartker, Simmers-Kobelak. DHO: Health Science. Cengage Learning, Latest edition.](#)
- [AMA: How to Administer Naloxone](#)

### Round One Test

Test Instructions: The written test will consist of 50 multiple choice items in a maximum of 60 minutes taken during the online testing window. Each competitor will each take the test for a combined test score.

## Written Test Plan

Anatomy and Physiology .....	16%
Basic Life Support .....	40%
<input type="checkbox"/> General Concepts	
<input type="checkbox"/> BLS/CPR for Adults, Children and Infants	
<input type="checkbox"/> AED for Adults, Children and Infants	
<input type="checkbox"/> CPR with Advanced Airway	
<input type="checkbox"/> Mouth-to-Mouth/Rescue Breathing	
<input type="checkbox"/> Relief of Choking	
First Aid .....	44%
<input type="checkbox"/> Basics	
<input type="checkbox"/> Medical Emergencies	
<input type="checkbox"/> Injury Emergencies	
<input type="checkbox"/> Environmental Emergencies	

## Round Two Skills

Round Two is the performance of a selected skill(s). These skills include one First Aid skill and one BLS skill. Rescuer 2 initiates the first aid skill while Rescuer 1 initiates the BLS skill. After the first aid patient has been treated, Rescuer 2 will assist Rescuer 1.

### BLS for Healthcare Providers

Skill I-A:	Adult BLS/CPR (Rescuer 1 Initiates)
Skill I-B:	Adult BLS/CPR (Rescuer 2 Assists)
Skill II-A:	Adult BLS with AED (Rescuer 1 Initiates)
Skill II-B:	Adult BLS with AED (Rescuer 2 Assists)
Skill III-A:	Infant BLS/CPR (Rescuer 1 Initiates)
Skill III-B:	Infant BLS/CPR (Rescuer 2 Assists)

### First Aid Skills – Rescuer 2 Initiated

Skill IV:	Severe Bleeding and Shock
Skill V:	Choking
Skill VI:	Open Fracture and Splinting
Skill VII:	Severe Burns
Skill VIII:	Heat-Related Emergency
Skill IX:	Administer Epinephrine Pen
Skill X:	Administer Naloxone (Nasal Spray NARCAN)

The selected skill(s) will be presented to the competitors as a written scenario at the beginning of the round. 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](#).

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 and competitors will be stopped at the end of the time allowed.

**NOTE: Mouth to Mask Breathes will be simulated for 2024 ILC and SLC per AHA COVID protocols.**

**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:**

- Two #2 lead pencils with eraser
- Watch with second hand (optional-Round Two only)

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

- Cravats (2) (Defined as strips of cloth, triangular bandages folded into strips, roller gauze, or other similar material to tie or anchor splints in place.)
- Bandaging materials as selected by competitor (should include sterile gauze squares, roller bandages, trauma dressing and non-stick sterile dressing)
- 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 (2)
- PPE: 8 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.*

# CPR/FIRST AID – Rescuer 1

Section # \_\_\_\_\_ Division: \_\_\_\_\_ SS \_\_\_\_\_ PS/Collegiate  
 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 will start this skill, and then Rescuer 2 will come to their assistance following steps on skill I-B.

Skill I-A: Adult BLS/CPR – Rescuer 1 Initiates	Possible	Awarded
1. Verified scene safety and identified which resource being used (ARC or AHA).	2 0	
2. Opened first aid kit and put on PPE.	2 0	
3. Determined unresponsiveness: tapped shoulder, shouted "Are you OK?" * Judge states, "Patient is not responsive."	2 0	
4. Shouted to partner to activate the emergency response system and get AED/defibrillator. * Judge states, "AED is not available."	2 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. (AHA) a. Checked for breathing by scanning the patient’s chest for rise and fall. or (ARC) a. Opened the airway to a past-neutral head position using the head-tilt/chin-lift technique; or, use the modified jaw-thrust maneuver if head, neck or spine injury is suspected. Simultaneously checked for breathing and pulse for no more than 10 seconds.	2 0	
b. Performed a pulse check by locating the carotid pulse (using 2 or 3 fingers sliding the fingers into the groove between the trachea and the muscles at the side of the neck). * 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.	2 0	
b. Removed bulky clothing from patient’s chest or moved bulky clothing out of the way.	2 0	
c. Made sure patient is lying faceup on a firm, flat surface.	2 0	
d. Put the heel of one hand on the center of the patient’s chest on the lower half of the breastbone.	2 0	
e. Put the heel of the other hand on top of the first hand.	2 0	
f. With arms straight, positioned shoulders directly over hands.	2 0	
g. Provided chest compressions at a rate of 100 – 120/min, delivering 30 compressions in 15 to 18 seconds.	2 0	
h. Compressions performed at a depth of at least 2 inches (5 cm).	2 0	
i. Counted compressions aloud.	2 0	
j. At the end of each compression, allowed the chest to recoil.	2 0	

<b>Skill I-A: Adult BLS/CPR – Rescuer 1 Initiates (con't)</b>		<b>Possible</b>	<b>Awarded</b>
7.	Initial Breaths a. Placed the mouth-to-mask device on the patient's face, using the bridge of the nose as a guide for correct position.	2 0	
8.	Sealed mask. a. Used hand closest to the top of the patient's head, placed index finger and thumb along the top edge of the mask.	2 0	
	b. Placed the thumb of other hand along the bottom edge of the mask.	2 0	
	c. Placed the remaining fingers of second hand along the bony margin of the jaw and lifted the jaw performing a head tilt-chin lift to open the airway.	2 0	
	d. While lifting the jaw, pressed firmly and completely around the outside edge of the mask to seal the pocket mask against the face.	2 0	
	e. Simulated breath by stating "Breath, Breath". (Verbalized breaths are for 1 second each while observing for chest rise.)	2 0	
9.	Continued cycles of 30 compressions and 2 simulated breaths with minimal interruptions until Rescuer 2 arrives. When Rescuer 2 arrives instructed them to perform chest compressions.	2 0	
10.	Using bag mask, positioned self directly above the patient's head.	2 0	
11.	Used the E-C clamp technique a. Performed a head tilt.	2 0	
	b. Placed the mask on the patient's face, using the bridge of the nose as a guide for correct position.	2 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.	2 0	
	d. Used the remaining fingers to lift the angles of the jaw (3 fingers form an "E"), opened the airway, and pressed the face to the mask.	2 0	
12.	Squeezed the bag to give each breath for 1 second each after every 30 compressions watching for chest rise.	2 0	
13.	Responded to Rescuer 2's call to switch roles after every five (5) cycles per scenario, taking less than 10 seconds to complete the switch and resume with chest compressions.	2 0	
14.	Continued two person CPR, performing chest compressions, counting aloud, using a compressions to breaths ratio of 30:2. <b>*Judge states "EMS has arrived and has taken over care of the patient."</b>	2 0	
15.	Used appropriate verbal and nonverbal communication with patient and other personnel.	2 0	
16.	Gave information about patient to EMS rescuers.	4 0	
17.	Removed gloves properly without touching the outside of the gloves with bare hands.	2 0	
18.	Placed disposable PPE in a biohazard receptacle.	2 0	
19.	Used alcohol based hand-rub for hand hygiene.	2 0	
<b>TOTAL POINTS – SKILL I-A</b>		<b>74</b>	
<b>70% Mastery for Skill I-A = 51.8</b>			

## CPR/FIRST AID – Rescuer 2

Section # \_\_\_\_\_ Division: \_\_\_\_\_ SS \_\_\_\_\_ PS/Collegiate  
 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 starts with one of the First Aid skills then moves to assist Rescuer 1 with BLS/CPR following the steps here:

<b>Skill I-B: Adult BLS/CPR – Rescuer 2 Assists</b>		<b>Possible</b>	<b>Awarded</b>
1.	After changing gloves, stated, "I can assist you in CPR." and responded to Rescuer 1's instructions to take over chest compressions.	2	0
2.	Initial Chest Compressions (30)		
a.	Positioned self at the patient's side.	2	0
b.	Made sure patient is lying face up on a firm, flat surface.	2	0
c.	Put the heel of one hand on the center of the patient's chest on the lower half of the breastbone.	2	0
d.	Put the heel of the other hand on top of the first hand.	2	0
e.	With arms straight, positioned shoulders directly over hands.	2	0
f.	Provided chest compressions at a rate of 100-120/minute, delivering 30 compressions in 15 to 18 seconds	2	0
g.	Compressions performed at a depth of at least 2 inches (5 cm)	2	0
h.	Counted compressions aloud.	2	0
i.	At the end of each compression, allowed the chest to recoil completely.	2	0
3.	Called for Rescuer 1 to switch roles after every five (5) cycles per scenario, taking less than 10 seconds to complete the switch and begin ventilation.	2	0
4.	Using bag-mask, positioned self directly above the patient's head.	2	0
5.	Used the E-C clamp technique.		
a.	Performed a head tilt.	2	0
b.	Placed the mask on the patient's face, using the bridge of the nose as a guide for correct position.	2	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.	2	0
d.	Used the remaining fingers to lift the angles of the jaw (3 fingers form an "E"), opened the airway, and pressed the face to the mask.	2	0
<b>Summary Steps</b>		-	
6.	Used appropriate verbal and nonverbal communication with patient and other personnel.	2	0

<b>Skill I-B: Adult BLS/CPR – Rescuer 2 (con't) – Items Evaluated</b>		<b>Possible</b>		<b>Awarded</b>
7.	Gave information about first aid patient to EMS rescuers (judges).	4	0	
8.	Removed gloves properly without touching the outside of the gloves with bare hands.	2	0	
9.	Placed disposable PPE in a biohazard receptacle.	2	0	
10.	Used alcohol based hand-rub for hand hygiene.	2	0	
<b>TOTAL POINTS -- SKILL I-B</b>		<b>44</b>		
<b>70% Mastery for Skill I-B = 30.8</b>				

# CPR/FIRST AID – Rescuer 1

Section # \_\_\_\_\_ Division: \_\_\_\_\_ SS \_\_\_\_\_ PS/Collegiate  
 Team # \_\_\_\_\_ Judge's Signature \_\_\_\_\_

\* Rescuer 1 will start this skill, and then Rescuer 2 will provide assistance.

Skill II-A: Adult BLS with AED – Rescuer 1 Initiates	Possible	Awarded
1. Verified scene safety and identified which resource being used (ARC or AHA).	2 0	
2. Opened first aid kit and put on PPE.	2 0	
3. Determined unresponsiveness: tapped shoulder, shouted "Are you OK?" <b>*Judge states, "Patient is not responsive."</b>	2 0	
4. Shout to Rescuer 2 to activate the emergency response system and get AED/defibrillator.	2 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. (AHA) a. Checked for breathing by scanning the patient's chest for rise and fall. OR (ARC) a. Opened the airway to a past-neutral head position using the head-tilt/chin-lift technique; or, use the modified jaw-thrust maneuver if head, neck or spine injury is suspected. Simultaneously checked for breathing and pulse for no more than 10 seconds.	2 0	
b. Performed a pulse check by locating the carotid pulse (using 2 or more fingers and sliding the fingers into the groove between the trachea and the muscles at the side of the neck). <b>* Judge states, "Not breathing" OR "Not breathing normally" AND "No pulse."</b>	2 0	
6. Initial Chest Compressions (30) a. Positioned self at the patient's side	2 0	
b. Removed bulky clothing from patient's chest or moved bulky clothing out of the way.	2 0	
c. Made sure patient is lying face-up on a firm, flat surface.	2 0	
d. Put the heel of one hand on the center of the patient's chest on the lower half of the breastbone.	2 0	
e. Put the heel of the other hand on top of the first hand.	2 0	
f. With arms straight, positioned shoulders directly over hands.	2 0	
g. Provided chest compressions at a rate of 100 – 120/min, delivering 30 compressions in 15 to 18 seconds.	2 0	
h. Compressions performed at a depth of at least 2 inches (5 cm).	2 0	
i. Counted compressions aloud.	2 0	
j. At the end of each compression, allowed the chest recoil.	2 0	
7. Initial Breaths a. Placed the mouth-to-mask device on the patient's face, using the bridge of the nose as a guide for correct position.	2 0	



<b>Skill II-A: Adult BLS/CPR – Rescuer 1 Initiated (con’t)</b>		Possible	Awarded
8.	Sealed mask.		
a.	Used hand closest to the top of the patient’s head, placed index finger and thumb along the top edge of the mask.	2 0	
b.	Placed the thumb of other hand along the bottom edge of the mask.	2 0	
c.	Placed the remaining fingers of second hand along the bony margin of the jaw and lift the jaw performing a head tilt-chin lift to open the airway.	2 0	
d.	While lifting the jaw, pressed firmly and completely around the outside edge of the mask to seal the pocket mask against the face.	2 0	
e.	Simulated breath by stating “Breath, Breath”. (Verbalized breaths are for 1 second each while observing for chest rise.)	2 0	
9.	Continued cycles of 30 compressions and 2 simulated breaths with minimal interruptions until Rescuer 2 arrived with AED. Continued compressions while Rescuer 2 prepared AED.	2 0	
10.	Rescuer 2 – Opened case and powered on AED.	*	
11.	Rescuer 2 cleared patient (communicated clearly to all other rescuers to stop touching patient) and allowed AED to analyze.	*	
12.	Rescuer 1 moved to head to prepare for bag-mask ventilation.	1 0	
13.	Rescuer 2 – If AED advised a shockable rhythm, cleared patient again and delivered shock.	*	
<b><i>The remaining steps are performed by Rescuer 1.</i></b>			
14.	If no shock is advised, or immediately after any shock is delivered, waited for Rescuer 2 to complete 30 chest compressions before delivering 2 breaths with bag mask.	2 0	
15.	Using the bag mask, positioned self directly above the patient’s head.	2 0	
16.	Used the E-C clamp technique		
a.	Performed a head tilt.	2 0	
b.	Placed the mask on the patient’s face, using the bridge of the nose as as a guide for correct position.	2 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.	2 0	
d.	Used the remaining fingers to lift the angles of the jaw (3 fingers form an “E”), opened the airway, and pressed the face to the mask.	2 0	
17.	Squeezed the bag to give each breath after every 30 compressions for 1 second each watching for chest rise.	2 0	
18.	Responded to Rescuer 2’s call to switch roles after every five (5) cycles per scenario, taking less than 10 seconds to complete the switch and resume with chest compressions.	2 0	
19.	Continued two person CPR, performing chest compressions, counting aloud, using a compressions to breaths ratio of 30:2. <b><i>*Judge states “EMS has arrived and has taken over care of the patient.”</i></b>	2 0	
20.	Used appropriate verbal and nonverbal communication with patient and other personnel.	2 0	
21.	Gave information about patient to EMS rescuers (judges).	4 0	
22.	Removed gloves properly without touching the outside of the gloves with bare hands.	2 0	
23.	Placed disposable PPE in a biohazard bag.	2 0	
24.	Used alcohol based hand-rub for hand hygiene.	2 0	
<b>TOTAL POINTS – SKILL II-A</b> <b>70% Mastery for Skill II-A = 53.9</b>		<b>77</b>	

## CPR/FIRST AID – Rescuer 2

Section # \_\_\_\_\_ Division: \_\_\_\_\_ SS \_\_\_\_\_ PS/Collegiate  
 Team # \_\_\_\_\_ Judge's Signature \_\_\_\_\_

*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.*

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

Procedure II-B: Adult BLS with AED – Rescuer 2 Assists		Possible	Awarded
1.	After treating first aid patient and changing gloves, arrived to assist Rescuer 1 with the AED.	2 0	
2.	Rescuer 2 – Opened case and powered on AED.	2 0	
3.	Peeled backing away from the AED pads and attached to patient's bare chest following the placement diagrams on the pad.	2 0	
4.	Attached the AED connecting cables if not preconnected.	2 0	
5.	Rescuer 2 cleared patient and allowed AED to analyze.	2 0	
6.	Rescuer 1 moved to head to prepare for bag-mask ventilation.	*	
7.	Rescuer 2 – If AED advised a shockable rhythm, cleared patient again by loudly stating, "all clear" and delivered shock.	2 0	
8.	If no shock is advised, or immediately after any shock is delivered, began chest compressions.		
a.	Positioned self at the patient's side.	2 0	
b.	Put the heel of one hand on the center of the patient's chest on the lower half of the breastbone.	2 0	
c.	Put the heel of the other hand on top of the first hand.	2 0	
d.	With arms straight, positioned shoulders directly over hands.	2 0	
e.	Provided chest compressions at a rate of 100 –120/min, delivering 30 compressions in 15 to 18 seconds.	2 0	
f.	Compressions performed at a depth of at least 2 inches (5 cm).	2 0	
g.	Counted compressions aloud.	2 0	
h.	At the end of each compression, allowed the chest to recoil completely.	2 0	
9.	Called for Rescuer 1 to switch roles after five (5) cycles, taking less than 10 seconds to complete the switch and begin ventilation.	2 0	
10.	Using bag mask, positioned self directly above the patient's head.	2 0	
11.	Used the E-C clamp technique		
a.	Perform a head tilt.	2 0	
b.	Placed the mask on the patient's face, using the bridge of the nose as a guide for correct position.	2 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.	2 0	
d.	Used the remaining fingers to lift the angles of the jaw (3 fingers form an "E"), opened the airway, and pressed the face to the mask.	2 0	
12.	Squeezed the bag to give two (2) breaths for one (1) second each after every 30 compressions watching for chest to rise.	2 0	

<b>Skill II-B: Adult BLS/CPR – Rescuer 2 (con't) – Items Evaluated</b>		<b>Possible</b>	<b>Awarded</b>
<b>Summary Steps</b>		-	
13.	Used appropriate verbal and nonverbal communication with patient and other personnel.	2 0	
14.	Gave information about first aid patient to EMS rescuers (judges).	4 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 alcohol based hand-rub for hand hygiene.	2 0	
<b>TOTAL POINTS – SKILL II-B</b> <b>70% Mastery for Skill II-B = 37.8</b>		<b>54</b>	

# CPR/FIRST AID – Rescuer 1

Section # \_\_\_\_\_ Division: \_\_\_\_\_ SS \_\_\_\_\_ PS/Collegiate  
 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 will start this skill, and then Rescuer 2 will provide assistance.

Skill III-A: Infant BLS/CPR – Rescuer 1 Initiates	Possible	Awarded
1. Verified scene safety and identified which resource being used (ARC or AHA).	2 0	
2. Opened first aid kit and put on PPE.	2 0	
3. Determined unresponsiveness (tapping heel) & shouting for help. <b>* Judge states, “Patient is not responsive”.</b>	2 0	
4. Shouted to Rescuer 2 to activate the emergency response system and get AED/defibrillator. <b>* Judge states, “AED is not available.”</b>	2 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. (AHA) a. Checked for breathing by scanning the patient’s chest for rise and fall OR (ARC) a. Placed the infant head in neutral position (avoided hyperextension or placing fingers on the soft tissues under the chin or neck).	2 0	
b. Performed a pulse check by feeling for a brachial pulse (place 2 or 3 fingers on the inside of the upper arm, midway between the infant’s elbow & shoulder) . <b>* Judge states, “Not breathing” OR “Not breathing normally” AND “No pulse”.</b>	2 0	
6. Initial Chest Compressions (30) a. Positioned self at the patient’s side.	2 0	
b. Made sure patient is lying faceup on a firm, flat surface.	2 0	
c. Used 2-finger or used thumb-encircling hands by placing fingers OR thumbs in the center of the infant’s chest just below the nipple line on the lower half of the breastbone.	2 0	
d. Provided compressions at least 1/3 the depth of the chest or 1 ½ inches (4 cm) at a rate of 100-120/min, delivering 30 compressions in 15 to 18 seconds.	2 0	
e. Counted compressions aloud.	2 0	
f. At the end of each compression, allowed the chest to recoil.	2 0	
7. Initial Breaths a. Placed the mask device on the patient’s face, using the bridge of the nose as a guide for correct position.	2 0	
b. Opened airway adequately by placing the infants head in a neutral position.	2 0	
c. Simulated breath by stating “Breath, Breath”.	2 0	

Skill III-A: Infant BLS/CPR – Rescuer 1 (con’t) – Items Evaluated		Possible	Awarded
8.	Continued cycles of 30 compressions and 2 simulated breaths with minimal interruptions until Rescuer 2 arrives. Rescuer 1 continues providing chest compressions.	2 0	
9.	Changed hand position to 2-thumb technique (if not already using) and changed compression rate to 15:2.	2 0	
10.	Positioned self directly above the patient’s head and used bag-mask (appropriate size – covers mouth and nose completely without covering eyes or extending below the bottom of the chin).	2 0	
11.	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	2 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.	2 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.	2 0	
12.	Placed the infant’s neck in a neutral position and pressed the mask to the face to seal.	2 0	
13.	Squeezed the bag to give 2 breaths for 1 second each after every 15 compressions watching for chest rise.	2 0	
14.	Switched after 5 cycles taking less than 10 seconds to complete the switch until EMS arrives or patient responds.	2 0	
15.	Continued two-person CPR, performing chest compressions, counting aloud, using a compressions to breaths ratio of 15:2 until EMS arrives. <b>*Judge states “EMS has arrived and has taken over care of the patient.”</b>	2 0	
16.	Used appropriate verbal and nonverbal communication with patient and other personnel.	2 0	
17.	Gave information about patient to EMS rescuers (judges).	4 0	
18.	Removed gloves properly without touching the outside of the gloves with bare hands.	2 0	
19.	Placed disposable PPE in a biohazard receptacle.	2 0	
20.	Used alcohol based hand-rub for hand hygiene.	2 0	
<b>TOTAL POINTS – SKILL III-A</b>		<b>62</b>	
<b>70% Mastery for Skill III-A = 44.8</b>			

## CPR/FIRST AID – Rescuer 2

Section # \_\_\_\_\_ Division: \_\_\_\_\_ SS \_\_\_\_\_ PS/Collegiate  
 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 starts with one of the First Aid skills, then moves to assist Rescuer 1 with BLS/CPR following the steps here:*

<b>Skill III-B: Infant BLS/CPR – Rescuer 2 Assists</b>		<b>Possible</b>	<b>Awarded</b>
1.	After treating first aid patient and changing gloves, arrived with bag-mask device.	2	0
2.	Positioned self directly above the patient's head and used bag-mask (appropriate size – covers mouth and nose completely without covering eyes or extending below the bottom of the chin),	2	0
3.	Used the E-C clamp technique	2	0
	a. Placed the mask on the patient's face, using the bridge of the nose as guide for correct placement.	2	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.	2	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.	2	0
4.	Placed the infant's neck in a neutral position and pressed the mask to the face to seal.	2	0
5.	Used bag-mask to provide ventilations.	2	0
	a. Placed infant's head in the neutral position.	2	0
	b. Breath is given over 1 second	2	0
	c. Chest rise is noted with each breath.	2	0
	d. Gives 2 breaths after 15 compressions.	2	0
	e. No more than 10 seconds between each set of compressions and breaths.	2	0
6.	Responded to Rescuer 1's call to switch roles after every five (5) cycles as listed in scenario, taking less than 10 seconds to complete the switch and resume with chest compressions.	2	0
7.	Chest Compressions (30)	2	0
	a. Positioned self at the patient's side.	2	0
	b. Made sure patient is lying faceup on a firm, flat surface.	2	0
AHA)	c. used thumb-encircling hands by placing fingers or thumbs in the center of the infant's chest just below the nipple line on the lower half of the breastbone.	2	0
	OR		
(ARC)	c. Used 2-finger technique or thumb-encircling hands	2	0
	d. Provided compressions at least 1/3 the depth of the chest or 1 ½ inches (4 cm) at a rate of 100-120/min, delivering 30 compressions in 15 to 18 seconds.	2	0
	e. Counted compressions aloud.	2	0
	f. At the end of each compression, allowed the chest to recoil.	2	0
8.	Continued two-person CPR, performing chest compressions, counting aloud, using a compressions to breaths ratio of 15:2 until EMS arrives.	2	0

<b>Skill III-B: Infant BLS/CPR – Rescuer 2 Assists (con't)</b>		<b>Possible</b>		<b>Awarded</b>
<b>Summary Steps</b>		-		
9.	Used appropriate verbal and nonverbal communication with patient and other personnel.	2	0	
10.	Gave information about first aid patient to EMS rescuers.	4	0	
11.	Removed gloves properly without touching the outside of the gloves with bare hands.	2	0	
12.	Placed disposable PPE in a biohazard receptacle.	2	0	
13.	Used alcohol based hand-rub for hand hygiene.	2	0	
<b>TOTAL POINTS – SKILL III-B</b>		<b>50</b>		
<b>70% Mastery for Skill III-B = 35</b>				

## CPR/FIRST AID – Rescuer 2

Section # \_\_\_\_\_ Division: \_\_\_\_\_ SS \_\_\_\_\_ PS/Collegiate  
 Team # \_\_\_\_\_ Judge's Signature \_\_\_\_\_

<b>Skill IV: Severe Bleeding (leg or arm) and Shock</b>	<b>Possible</b>	<b>Awarded</b>
1. Verified scene safety and identified.	2 0	
2. Opened first aid kit and put on PPE (minimum gloves and eye protection).	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 1's call for help.	1 0	
8. Called Emergency Medical Services and stated:		
a. Caller's name, location and phone number.	2 0	
b. Situation, number and condition of both patient(s).	2 0	
c. Hung up when instructed to by dispatcher. (Verbalized that dispatcher told they/them it is OK to hang up.)	2 0	
9. Placed dressing on the bleeding area.	2 0	
10. Applied direct pressure over the dressing using the heel of hand with the other hand stacked on top of the first.	2 0	
11. Direct pressure was:	2 0	
a. firm	2 0	
b. steady	2 0	
c. constant	2 0	
<b><i>* Judge states, "Wound is still bleeding and EMS has been delayed".</i></b> Applied tourniquet ( <i>use of manikin arm or pool noodle to demonstrate application of tourniquet</i> ).	-	
12. Applied tourniquet.		
a. Applied 2 to 3 inches above the bleeding site on the patient's arm or leg (not on a joint).	2 0	
b. Pulled the free end of the tourniquet making it as tight as possible and secured it.	2 0	
c. Twisted the windlass as tight as possible until the bleeding stopped.	2 0	
d. Secured the windlass.	2 0	
e. Noted the time the tourniquet was applied (this can be verbalized).	2 0	
13. Treated patient for shock:		
a. Helped the patient lie on their back.	2 0	
b. Covered the patient to keep them warm.	2 0	
14. Changed gloves.	2 0	
15. Assisted Rescuer 1 with BLS. <b><i>* Judge will continue to evaluate Rescuer 2 using the appropriate BLS rating sheet and complete summary steps for first aid patient on the BLS rating sheet.</i></b>	1 0	
<b>TOTAL POINTS – SKILL IV</b>	<b>46</b>	
<b>70% Mastery for Skill IV = 32.2</b>		



## CPR/FIRST AID – Rescuer 2

Section # \_\_\_\_\_ Division: \_\_\_\_\_ SS \_\_\_\_\_ PS/Collegiate  
 Team # \_\_\_\_\_ Judge's Signature \_\_\_\_\_

*Note: The patient will be sitting or standing and is NOT pregnant or very large.  
 This patient will not require EMS treatment or transport but would be evaluated by EMS.*

Skill V: Choking (Adult or Child)		Possible	Awarded
1.	Identified which resource being used (ARC or AHA) and 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. Asked "can I help you"? * Patient nods head yes but cannot talk.	2 0	
3.	Responded to Rescuer 1's call for help. (If using AHA skip to step 5 & If using ARC move to step 4)	1 0	
4.	Delivered simulated back blows (ARC) a. Positioned self to the side and slightly behind the patient.	1 0	
	b. Provided support by placing one arm diagonally across the patient's chest	1 0	
	c. Bent the patient forward at the waist so the upper body is as close to parallel with the ground as possible.	1 0	
	d. Using the heel of the hand, give 5 firm back blows between scapulae; made each blow a separate and distinct attempt to dislodge the object. (move to step 5)	1 0	
5.	Stood or kneeled behind the patient and wrapped arms around the patient's waist	2 0	
6.	Made a fist with one hand.	2 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. For ARC skip to step 10 & for AHA move to step 8	2 0	
8. (AHA)	Grasped fist with other hand and <b>SIMULATED</b> 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.)	3 0	
9. (AHA)	Repeated thrusts ( <b>SIMULATED</b> ) until object is expelled from the airway giving each new thrust with a separate, distinct movement to relieve the obstruction. * <b>Judge states, "Object is expelled."</b> (skip to step 11)	3 0	
10. (ARC)	Alternated 5 back blows with 5 abdominal thrusts. * <b>Judge states, "Object is expelled."</b>	2 0	
11.	Called Emergency Medical Services and stated:		
	a. Caller's name, location and phone number.	2 0	
	b. Situation, number and condition of both patient(s)	2 0	
	c. Hung up when instructed to by dispatcher. (Verbalized that dispatcher told them it is OK to hang up.)	2 0	

<b>Skill V: Choking (Adult or Child)</b>	<b>Possible</b>	<b>Awarded</b>
12. Opened first aid kit and put on PPE (or changed gloves).	2 0	
13. Assisted Rescuer 1 with BLS <i>*Judge will continue to evaluate Rescuer 2 using the appropriate BLS rating sheet and complete summary steps for first aid patient on the BLS rating sheet.</i>	_____	
<b>TOTAL POINTS - SKILL V</b> <b>70% Mastery for Skill V = 17.5</b>	<b>25</b>	

## CPR/FIRST AID – Rescuer 2

Section # \_\_\_\_\_ Division: \_\_\_\_\_ SS \_\_\_\_\_ PS/Collegiate  
 Team # \_\_\_\_\_ Judge's Signature \_\_\_\_\_

<b>Skill VI: Open Fracture and Splinting</b>	<b>Possible</b>	<b>Awarded</b>
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. Looked for any signs of injury (noted deformities, limited motion, loss of motion, pain, tenderness, swelling, discoloration, and bone fragments protruding through the skin).	2 0	
6. Looked for medical information jewelry.	2 0	
7. Responded to Rescuer 1's call for help.	1 0	
8. Called Emergency Medical Services and stated:		
a. Caller's name, location and phone number.	2 0	
b. Situation, number and condition of both patient(s).	2 0	
c. Hung up when instructed to by dispatcher. (Verbalized that dispatcher told them it is OK to hang up.)	2 0	
9. Found object that can be used to prevent arm or leg from moving (rolled up towels, magazine, pieces of wood).	1 0	
10. Covered broken skin with clean or sterile cloth.	2 0	
11. Applied splint.		
a. Splint supported the joint above and below the injury.	2 0	
b. Splint was longer than the injured area.	2 0	
c. Secured the splint to the injured body part so that it supported the injured area using tape, gauze or cloth to secure it. If hard splint is used padded the splint.	2 0	
12. Encouraged patient to keep the limb still.	1 0	
13. Changed gloves.	2 0	
14. Assisted Rescuer 1 with BLS – <i>* Judge will continue to evaluate Rescuer 2 using the appropriate BLS rating sheet and complete summary steps for first aid patient on the BLS rating sheet.</i>	_____	
<b>TOTAL POINTS – SKILL VI</b> <b>70% Mastery for Skill VI = 21.7</b>	<b>31</b>	

## CPR/FIRST AID – Rescuer 2

Section # \_\_\_\_\_ Division: \_\_\_\_\_ SS \_\_\_\_\_ PS/Collegiate  
 Team # \_\_\_\_\_ Judge's Signature \_\_\_\_\_

Skill VII: Severe Burns	Possible	Awarded
1. Verified scene safety and identified which resource being used (ARC or AHA).	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 1's call for help.	1 0	
8. Called Emergency Medical Services and stated:		
a. Caller's name, location and phone number.	2 0	
b. Situation, number and condition of both patient(s)	2 0	
c. Hung up when instructed to by dispatcher. (Verbalized that dispatcher told them it is OK to hang up.)	2 0	
9. Treating Burn		
a. Cooled the burn area for at least 10 minutes. (if no running water, used a cool or cold, but not freezing, clean compress)	2 0	
b. Carefully removed jewelry and clothing that is not stuck to the skin. Did NOT attempt to remove any particles of clothing stuck to burned area.  <i>* Judge states, "Burn has been cooled for 10 minutes".</i>	2 0	
(AHA) c. Covered burn with dry, nonstick, sterile or clean dressing OR (ARC) c. Verbalized would not cover burn, unless EMS is delayed. <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 their back. (May be done at step 9.)	2 0	
b. Covered the patient with a dry blanket to keep patient warm.	2 0	
11. Changed gloves	2 0	
12. Assisted Rescuer 1 with BLS – <i>* Judge will continue to evaluate Rescuer 2 using the appropriate BLS rating sheet and complete summary steps for first aid patient on the BLS rating sheet.</i>	_____	
<b>TOTAL POINTS – SKILL VII</b> <b>70% Mastery for Skill VII = 21.7</b>	<b>31</b>	

## CPR/FIRST AID – Rescuer 2

Section # \_\_\_\_\_ Division: \_\_\_\_\_ SS \_\_\_\_\_ PS/Collegiate  
 Team # \_\_\_\_\_ Judge's Signature \_\_\_\_\_

Skill VIII: 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 1's call for help.	1	0	
9. Called Emergency Medical Services and stated:			
a. Caller's name, location and phone number.	2	0	
b. Situation, number and condition of both patient(s)	2	0	
c. Hung up when instructed to by dispatcher. (Verbalized that dispatcher told them it is OK to hang up.)	2	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.	4	0	
11. HEAT EXHAUSTION			
a. Moved the patient to a cool area (if possible).	2	0	
b. Helped the patient lie down.	2	0	
c. Removed as much of the patient's clothing as possible.	2	0	
d. Cooled the patient with cool water spray. (If not available - Placed cool, damp cloths on the neck, armpits and groin.) <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	
12. HEAT STROKE			
a. Immediately moved patient to cool area (if possible).	2	0	
b. Removed excessive clothing.	2	0	
c. Reminded patient to limit their movement.	2	0	
d. Placed in cool water up to their neck (if not possible, sprayed with cool water).	2	0	
e. Observed patient for signs of unresponsiveness or not breathing normally and initiated CPR if indicated in scenario.	2	0	

Skill VIII: Heat-Related Emergency	Possible	Awarded
13. Changed gloves	2 0	
14. Assisted Rescuer 1 with BLS <i>*Judge will continue to evaluate Rescuer 2 using the appropriate rating sheet and complete summary steps for first aid patient on the BLS rating sheet.</i>	_____	
<b>TOTAL POINTS -- SKILL VIII</b> <b>70% Mastery for Skill VIII = 32.9</b>	<b>47</b>	

## CPR/FIRST AID – Rescuer 2

Section # \_\_\_\_\_ Division: \_\_\_\_\_ SS \_\_\_\_\_ PS/Collegiate  
 Team # \_\_\_\_\_ Judge's Signature \_\_\_\_\_

*Note: The patient has an epinephrine pen with them.*

<b>Skill IX: Administer Epinephrine Pen</b>	<b>Possible</b>	<b>Awarded</b>
1. Verified scene safety.	2 0	
2. Opened first aid kit and put on PPE.	2 0	
3. Checked for responsiveness and breathing. <b><i>Judge states, "patient is responsive and breathing".</i></b>	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.) <b><i>* Judge states, "the patient has been exposed to an allergen and has an epinephrine pen with them and requires help with administration".</i></b>	2 0	
6. Responded to Rescuer 1's call for help.	1 0	
7. Instructed bystander to contact Emergency Medical Services (judge).	2 0	
8. Looked for medical information jewelry.	2 0	
9. Obtained epinephrine pen from patient.	2 0	
10. Read instructions on pen to determine how long injector is held in place.	2 0	
11. Held the epinephrine pen in fist.	2 0	
12. Removed safety cap.	2 0	
13. Held leg firmly in place.	2 0	
14. Pressed the tip of the injector hard against the side of the patient's thigh, about halfway between the hip and the knee.	2 0	
15. Held the injector in place for recommended time per manufacturer's instructions (found on side of the ejector).	2 0	
16. Pulled the pen straight out, making sure they do not touch the end that was pressed to the skin.	2 0	
17. Instructed patient to rub for 10 seconds; OR rubbed site for 10 seconds if patient is unable to.	2 0	
18. Verbalized the time of the injection.	2 0	
19. Assess any change in status. <b><i>* Judge states, "symptoms have improved" OR "EMS has arrived and has taken over care of the patient."</i></b>	2 0	
20. Gave the used autoinjector to the EMS ( <i>judge</i> ) for proper disposal.	2 0	
21. Used appropriate verbal and nonverbal communication with patient and other personnel.	2 0	
22. Gave information about patient to EMS rescuers ( <i>judge</i> ) including time of injection.	4 0	
23. Removed gloves properly without touching the outside of the gloves with bare hands.	2 0	

<b>Skill IX: Administer Epinephrine Pen</b>		<b>Possible</b>	<b>Awarded</b>
24.	Placed disposable PPE in a biohazard receptacle.	2 0	
25.	Used alcohol based hand-rub for hand hygiene.	2 0	
26.	Assisted Rescuer 1 with BLS <i>*Judge will continue to evaluate Rescuer 2 using the appropriate rating sheet and complete summary steps for first aid patient on the BLS rating sheet.</i>	_____	
<b>TOTAL POINTS – SKILL IX</b>		<b>51</b>	
<b>70% Mastery for Skill IX = 35.7</b>			



## CPR/FIRST AID – Rescuer 2

Section # \_\_\_\_\_ Division: \_\_\_\_\_ SS \_\_\_\_\_ PS/Collegiate  
 Team # \_\_\_\_\_ Judge's Signature \_\_\_\_\_

<b>Skill X: Administer Naloxone (Nasal Spray NARCAN)</b>	<b>Possible</b>	<b>Awarded</b>
1. Verified scene safety.	2 0	
2. Opened first aid kit and put on PPE.	2 0	
3. Checked for responsiveness and breathing. <b>Judge states, "patient is responsive and breathing".</b>	2 0	
4. Introduced self and asked for permission to help. <i>* Patient consents to treatment.</i>	2 0	
5. Responded to Rescuer 1's call for help.	1 0	
6. Instructed bystander to contact Emergency Medical Services (judge).	2 0	
7. Verbalized for judges patient assessment looking for signs of opioid overdose:	2 0	
a. Responsive but experiencing altered state of consciousness or drowsiness.	2 0	
b. Choking or gurgling sounds.	2 0	
c. Small, constricted pupils.	2 0	
d. Blue skin, lips or nails. <b>Judge states, "There is evidence of opioid usage". Judge provides competitor with Naloxone. (Nasal Spray NARCAN).</b>	2 0	
8. Obtained Naloxone and administered:	2 0	
a. Peeled the package back to remove the device.	2 0	
b. Held the device with thumb on the bottom of the plunger and two fingers on the nozzle.	2 0	
c. Placed and held the tip of the nozzle in either nostril until fingers touched the bottom of the patient's nose.	2 0	
d. Pressed the plunger firmly to release the dose into the patient's nose.	2 0	
9. Continued to assess responsiveness and breathing.	2 0	
10. Used appropriate verbal and nonverbal communication with patient and other personnel.	2 0	
11. Gave information about patient to EMS rescuers (judge) including time of naloxone delivery.	4 0	
12. Removed gloves properly without touching the outside of the gloves with bare hands.	2 0	
13. Placed disposable PPE in a biohazard receptacle.	2 0	
14. Used alcohol based hand-rub for hand hygiene.	2 0	
15. Assisted Rescuer 1 with BLS <b>*Judge will continue to evaluate Rescuer 2 using the appropriate rating sheet and complete summary steps for first aid patient on the BLS rating sheet.</b>	_____	
<b>TOTAL POINTS – SKILL X</b>	<b>41</b>	
<b>70% Mastery for Skill X = 28.7</b>		