MT HOSA Life Support Skills

Event Category: Emergency Preparedness.....

Dress Code: Attire appropriate to the occupational area or business casual	**Round One:** Skill Assessment	**Digital Upload:** Yes, mystery skills video during Jan 18- Feb 12 window
Solo Event: 1 competitor ****This event is specifically for HOSA members classified under IDEA.**		

New for 2026-2027

Skills have been updated to the new AHA Guidelines released February, 2026 and the ARC Guidelines released December, 2025.. Choking skill, infant chest compression and treatment of burns is now the same for AHA or ARC. Editorial changes have been made.

Event Summary

Life Support Skills allows HOSA members to gain knowledge and skills required for basic life support. This competitive event consists of evaluating members' performance through a skills assessment. This event aims to inspire members to be proactive future health professionals and be equipped with the skills to provide immediate, life-saving actions in the absence of emergency services. This event is specifically for HOSA members who are classified under IDEA.

General Event Information

Competitors Must Provide	**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 (adult and infant) ○ Biohazard bag ○ Hand sanitizer ○ Cell phone (for simulating 911 call) ○ One pair of bandage scissors ○ Adhesive tape (2) ○ PPE: 4 pair of **nonlatex gloves**, ○ Tourniquet - HOSA will provide a tourniquet, OR the competitor can provide their own HOSA Conference Staff will provide equipment and supplies listed in Appendix I.
Official References	The references below are used in the development of the skill rating sheets: ● American Red Cross. *Basic Life Support*. Latest edition. ● American Red Cross. First Aid/CPR/AED. Latest edition. ● American Heart Association. *BLS* Provider Manual. Latest Edition. ● American Heart Association. *Heartsaver First Aid*. Latest Edition. ● Simmers, L., Simmers-Nartker, K., Simmers-Kobelak, S., & Morris, L. *DHO: Health Science*, Cengage Learning. Latest edition. ● American Heart International
Mystery Skill Video	This event has a mystery skill video that must be uploaded. The mystery skill will be released along with instructions to upload on January 18th. Videos must be uploaded by **February 12th** at midnight MST as the final deadline, and there will be **NO EXCEPTIONS.** We STRONGLY suggest not waiting until the last minute to upload online to avoid user challenges with the system. Videos must be uploaded to the hosa website for judges to access them. Detailed instructions for uploading materials can be found at https://hosa.org/competitive-event-digital-uploads/ For SLC, the digital materials uploaded by **February 12** will be PRE-SCREENED to qualify for Round 2. Competitors who do not upload materials are NOT eligible for the Round Two presentation portion of the competition and **will NOT be given a competition appointment time at SLC**.

The expectation is that competitors read and are aware of all the content within these guidelines and associated links. Successful competitors will study all links for the detailed information.

ROUND ONE- Skill Assessment

1. Round One is a selected skill(s) assessment. Each competitor will be evaluated on their selected skill(s) performance. All competitors will be assessed on one of the CPR Skills and one of the first aid skills. The skills will not be combined.
2. The skills approved for this event are:

CPR Skills

Skill I: adult BLS/CPR	6 minutes
Skill II: Adult BLS/CPR with AED	8 minutes
Skill III: Infant BLS/CPR	6 minutes

First Aid Skills

Skill IV: Administer Auto-Inject EpiPen	3 minutes
Skill V: Severe Bleeding	5 minutes
Skill VI: Choking (ARC or AHA)	3 minutes
Skill VII: Open Fracture and Splinting	6 minutes
Skill VIII: Heat-Related Emergency	5 minutes
Skill IX: Severe Burn	6 minutes
Skill X: Administer Nalaxone (Nasal Spray NARCAN)	3 minutes

3. For all skills, body fluids will be simulated products.
4. The selected skill(s) will be read to the competitor in the form of a written scenario at the start of the skill to be performed. The skill's timing will begin when the section leader finishes reading the scenario to the competitor. Timing will be stopped at the end of the time allowed. A sample scenario can be found here.
5. The scenario is a secret topic. Competitors MAY NOT discuss or reveal the secret topic until after the event has concluded or will face penalties per the GRRs.
6. Judges will provide information to competitors as directed by the rating sheets. Competitors may ask questions of the judges while performing skills, if the questions relate to the patient's condition and will be included in the scenario or the judge script.
7. Competitors must complete all skill steps listed in the guidelines, even if the steps must be simulated/verbalized. (If the equipment is available, the competitors would complete all skill steps as the scenario warrants. The competitors will simulate/verbalize the steps if the equipment is unavailable.)
8. Competitors must use all equipment correctly and safely. Judges will stop a student and not award points for a step if they see a competitor is about to cause a risk of harm or about to damage equipment or other supplies.

Final Scoring

1. The competitor must earn a score of 70% or higher on the skill(s) of the event in order to be recognized as an award winner at SLC.
2. Should a tie occur in the ranking of competitors, the selected skill with the highest possible point value will be used as the tiebreaker; others will be used as necessary in descending order of total point value.

The expectation is that competitors read and are aware of all the content within these guidelines and associated links. Successful competitors will study all links for the detailed information.

Life Support Skills

Skill I: Adult BLS/CPR

Time: 6 minutes

Competitor #:_____ **Division:** Secondary **Judge's Signature:**_____

	Skill I: Adult BLS/CPR	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 or gently shook shoulder, shouted "Are you OK?"	**2**	**0**		
	**** Judge states, "Patient is not responsive."***				
4.	Shouted for nearby help to activate the emergency response system.	**2**	**0**		
	**** Judge states, "AED is not available."***				
5.	**Called emergency response system and stated:** a. Caller's name, location, and phone number.	**2**	**0**		
	b. Situation, number, and condition of patient(s).	**2**	**0**		
	c. Hung up when instructed by dispatcher to do so. (Verbalized that dispatcher told them it was ok to hang up).	**2**	**0**		
6.	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).	**2**	**0**		
	**** Judge states, "Not breathing." or "Not breathing normally," and "No pulse."***				
7.	**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**		

The expectation is that competitors read and are aware of all the content within these guidelines and associated links. Successful competitors will study all links for the detailed information.

Skill I: Continued...		Possible		Awarded	
	i. Counted compressions aloud.	**2**	**0**		
	j. At the end of each compression, allowed the chest to recoil.	**2**	**0**		
8.	**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**		
9.	**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. Delivered two breaths over 1 second each to make the chest rise.	**2**	**0**		
10.	Completed 5 cycles (about 2 minutes) of 30 compressions and 2 breaths with less than 5 second interruptions, to reassess patients.	**2**	**0**		
	**** Judge states, "EMS has arrived and has taken over care of the patient.".***				
11.	Used appropriate verbal and nonverbal communication with patient and other personnel.	**2**	**0**		
12.	Gave information about patient to EMS rescuers (judges).	**4**	**0**		
13.	Removed gloves properly without touching the outside of the gloves with bare hands.	**2**	**0**		
14.	Placed disposable PPE in a biohazard receptacle.	**2**	**0**		
15.	Used alcohol based hand-rub for hand hygiene.	**2**	**0**		
	Total Points- Skill I 70% Mastery for Skill I: 44.8	**64**			

The expectation is that competitors read and are aware of all the content within these guidelines and associated links. Successful competitors will study all links for the detailed information.

Life Support Skills

Skill II: Adult BLS/CPR with AED

Time: 8 minutes

Competitor #:_____ **Division:** Secondary **Judge's Signature:**_____

	Skill II: Adult BLS/CPR with AED	**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 or gently shook shoulder, shouted "Are you OK?"	**2**	**0**		
	**** Judge states, "Patient is not responsive."***				
4.	Shouted for nearby help to activate the emergency response system and get AED/defibrillator.	**2**	**0**		
	**** Judge states, "AED is available."***				
5.	Called emergency response system and stated: a. Caller's name, location, and phone number.	**2**	**0**		
	b. Situation, number, and condition of patient(s).	**2**	**0**		
	c. Hung up when instructed by dispatcher to do so. (Verbalized that dispatcher told them it was ok to hang up).	**2**	**0**		
6.	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 o3 fingers sliding the fingers into the groove between the trachea and the muscles at the side of the neck).	**2**	**0**		
	**** Judge states, "Not breathing." or "Not breathing normally," and "No pulse."***				
7.	**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**		

The expectation is that competitors read and are aware of all the content within these guidelines and associated links. Successful competitors will study all links for the detailed information.

Skill II: Continued...		Possible		Awarded	
	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		
8.	**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		
9.	**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. Delivered two breaths over 1 second each to make the chest rise.	2	0		
10.	Continued cycles of 30 compressions and 2 breaths with less than 5 second interruptions.	2	0		
	Judge states, "AED has arrived." Competitor provided AED by the judge.				
11.	Opened case and powered on AED.	2	0		
12.	Applied pads to patients bare chest. Avoid placing the pads over clothing, medication patches, or implanted devices.	2	0		
13.	Cleared patient and allowed AED to analyze.	2	0		
14.	If AED advised a shockable rhythm, cleared patient again by looking and loudly stating, "all clear" and delivered shock.	2	0		
15.	If no shock is advised, or immediately after any shock is delivered, resumed CPR beginning with chest compressions.	2	0		
	**** Judge states, "EMS has arrived and has taken over care of the patient".***				
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		
	Total Points- Skill II 70% Mastery for Skill II: 51.8	74			

The expectation is that competitors read and are aware of all the content within these guidelines and associated links. Successful competitors will study all links for the detailed information.

Life Support Skills

Skill III: Infant BLS/CPR

Time: 6 minutes

Competitor #:_____ **Division:** Secondary **Judge's Signature:**_____

	Skill III: Infant BLS/CPR	**Possible**		**Awarded**	
1.	Verify scene safety and identify which resource is being used (ARC or AHA)	**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**		
	***Judge states "The patient is not responsive."**				
4.	Shouted for nearby help to activate the emergency response system and get AED/ defibrillator.	**2**	**0**		
	**** Judge states, "AED is not available."**				
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 brachial pulse (place 2 or 3 fingers on the inside of the upper arm, midway between the infant's elbow & shoulder).	**2**	**0**		
	**** Judge states, "Not breathing," OR "Not breathing normally," AND "No pulse."**				
6.	**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. Used heel of one hand or thumb-encircling hands by placing heel of one hand OR 2 thumb encircling hand technique at 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 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, allow the chest to 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. Opened airway adequately by placing the infants head in a neutral position.	**2**	**0**		
	c. Delivered two breaths over 1 second each to make the chest rise.	**2**	**0**		
8.	Continued cycles of 30 compressions and 2 breaths with less than 5 second interruptions for two minutes.	**2**	**0**		

The expectation is that competitors read and are aware of all the content within these guidelines and associated links. Successful competitors will study all links for the detailed information.

Skill III: Continued...		Possible		Awarded	
	**** Judge states, "no response after two minutes."***				
9.	**Called emergency response system and stated:** a. Caller's name, location and phone number.	**2**	**0**		
	b. Situation, number and condition of patient(s).	**2**	**0**		
	c. Hung up when instructed by dispatcher to do so. (Verbalized that dispatcher told them it was ok to hang up).	**2**	**0**		
10.	Resumed and continued cycles of 30 chest compressions and 2 breaths with until EMS arrives	**2**	**0**		
	**** Judge states, "EMS has arrived and has taken over care of the patient".***				
11.	Used appropriate verbal and nonverbal communication with patient and other personnel.	**2**	**0**		
12.	Gave information about the patient to EMS rescuers (judge).	**4**	**0**		
13.	Removed gloves properly without touching the outside of the gloves with bare hands.	**2**	**0**		
14.	Placed disposable PPE in a biohazard receptacle.	**2**	**0**		
15.	Used alcohol based hand-rub for hand hygiene.	**2**	**0**		
	Total Points- Skill III: 70% Mastery for Skill III: 36.4	**52**			

The expectation is that competitors read and are aware of all the content within these guidelines and associated links. Successful competitors will study all links for the detailed information.

Life Support Skills

Skill IV: Administer Auto-Inject EpiPen

Time: 3 minutes

Competitor #:_____ **Division:** Secondary **Judge's Signature:**_____

	Skill IV: Administer Auto-Inject EpiPen	Possible		Awarded	
1.	Verified scene is safe.	**2**	**0**		
2.	Opened first aid kit and put on PPE.	**2**	**0**		
3.	Checked for responsiveness and breathing.	**2**	**0**		
	Judge states, "patient is responsive and breathing."				
4.	Introduced self and asked for permission to help. **** Patient consents to treatment.***	**2**	**0**		
5.	Quickly assessed the situation. (Asked what happened.)	**2**	**0**		
	****Judge states, the patient has been exposed to an allergen and has an epinephrine pen with them and requires help with administration."***				
6.	Instructed bystander to contact Emergency Medical Services (judge) or contacted Emergency Medical Services themselves.	**2**	**0**		
7.	Looked for medical information jewelry.	**2**	**0**		
8.	Obtained auto-inject EpiPen from patient.	**2**	**0**		
9.	Verified medication and expiration date.	**2**	**0**		
10.	Read instructions on EpiPen to determine how long the injector is held in place.	**2**	**0**		
11.	Held the EpiPen 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 EpiPen straight out, making sure not to 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.	Assessed any change in patient status.	**2**	**0**		
	****Judge states, "symptoms have improved" OR "EMS has arrived and has taken over care of the patient."***				
20.	Gave the used auto-injector to EMS (judge) for proper disposal.	**2**	**0**		
21.	Used appropriate verbal and nonverbal communication with patient and other personnel including partner.	**2**	**0**		
22.	Gave information about patient to Emergency Department (judge) including time of injection.	**4**	**0**		

The expectation is that competitors read and are aware of all the content within these guidelines and associated links. Successful competitors will study all links for the detailed information.

Skill IV: Continued...		Possible		Awarded	
23.	Removed gloves properly without touching the outside of the gloves with bare hands.	**2**	**0**		
24.	Placed disposable PPE in a biohazard receptacle.	**2**	**0**		
25.	Used alcohol based hand-rub for hand hygiene.	**2**	**0**		
	Total Points- Skill IV: 70% Mastery for Skill IV: 36.4	**52**			

The expectation is that competitors read and are aware of all the content within these guidelines and associated links. Successful competitors will study all links for the detailed information.

Life Support Skills

Skill V: Severe Bleeding and Shock

Time: 5 minutes

Competitor #:_____ **Division:** Secondary **Judge's Signature:**_____

	Skill V: Severe Bleeding (leg or arm) 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. **** Patient consents to treatment.***	**2**	**0**		
5.	Quickly assessed the situation. (Asked what happened, noted bleeding.)	**2**	**0**		
6.	Looked for medical information jewelry.	**2**	**0**		
7.	**Called Emergency Medical Services and stated:** a. Caller's name, location and phone number.	**2**	**0**		
	b. Situation, number and condition of 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**		
8.	Placed dressing on the bleeding area.	**2**	**0**		
9.	Applied direct pressure over the dressing using the heel of hand with the other hand stacked on top of the first.	**2**	**0**		
10.	**Direct pressure was:** a. firm	**2**	**0**		
	b. steady	**2**	**0**		
	c. constant	**2**	**0**		
	****Judge states, "Wound is still bleeding and EMS has been delayed,"*** Applied tourniquet ***(use of manikin arm or pool noodle to demonstrate application of tourniquet).***				
11.	**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**		
12.	**Treated patient for shock** a. Helped the patient lie on their back.	**2**	**0**		
	b. Covered the patient to keep them warm.	**2**	**0**		
	****Judge states, "EMS has arrived."***				
13.	Used appropriate verbal and nonverbal communication with patient and other personnel.	**2**	**0**		

The expectation is that competitors read and are aware of all the content within these guidelines and associated links. Successful competitors will study all links for the detailed information.

Skill V: Continued...		Possible		Awarded	
14.	Gave information about the patient to EMS rescuers (judge).	**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**		
	TOTAL POINTS - SKILL V 70% Mastery for Skill V – 37.8	**54**			

The expectation is that competitors read and are aware of all the content within these guidelines and associated links. Successful competitors will study all links for the detailed information.

Life Support Skills

Skill VI: Choking (AHA or ARC)

Time: 3 minutes

Competitor #:_____ **Division:** Secondary **Judge's Signature:**_____

**The patient will be sitting or standing and is NOT pregnant or very large.*

	Skill VI: 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 they are choking. Asked "can I help you"? **** Patient nods head yes but cannot talk.***	**2**	**0**		
3.	Delivered simulated back blows 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, gave 5 firm back blows between scapulae; made each blow a separate and distinct attempt to dislodge the object.	**1**	**0**		
4.	Stood or kneeled behind the patient and wrapped arms around the patient's waist	**2**	**0**		
5.	Made a fist with one hand.	**2**	**0**		
6.	Placed the thumb side of fist against the patient's abdomen, in the midline slightly above th navel and well below the breastbone.	**2**	**0**		
7.	Alternated 5 back blows with 5 abdominal thrusts (simulated).	**2**	**0**		
	****Judge states, "Object is expelled."***				
8.	Instructed the patient to seek immediate medical attention.	**2**	**0**		
9.	**Summary Steps** Used appropriate verbal and nonverbal communication with patient and other personnel.	**2**	**0**		
10.	Used alcohol based hand-rub for hand hygiene.	**2**	**0**		
	Total Points- Skill VI: 70% Mastery for Skill VIII: 15.4	**22**			

The expectation is that competitors read and are aware of all the content within these guidelines and associated links. Successful competitors will study all links for the detailed information.

Life Support Skills

Skill VII: Open Fracture and Splinting

Time: 6 minutes

Competitor #:_____ **Division:** Secondary **Judge's Signature:**_____

	Skill VII: 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. **** Patient consents to treatment.***	**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.	Checked for circulation and sensation beyond the injured area.	**2**	**0**		
7.	Looked for medical information jewelry.	**2**	**0**		
8.	**Called Emergency Medical Services and stated:** a. Caller's name, location and phone number.	**2**	**0**		
	b. Situation, number and condition of 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, pad the splint.	**2**	**0**		
12.	Rechecked for circulation and sensation.	**2**	**0**		
13.	Encouraged patient to keep the limb still.	**1**	**0**		
	**** Judge states, "The EMS has arrived."***				
14.	Used appropriate verbal and nonverbal communication with patient and other personnel.	**2**	**0**		
15.	Gave information about patient to EMS rescuers (judge).	**4**	**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 alcohol based hand-rub for hand hygiene.	**2**	**0**		
	Total Points- Skill VII: 70% Mastery for Skill IX: 30.8	**44**			

The expectation is that competitors read and are aware of all the content within these guidelines and associated links. Successful competitors will study all links for the detailed information.

Life Support Skills

Skill VIII: Heat-Related Emergency

Time: 5 minutes

Competitor #:_____ **Division:** Secondary **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. **** Patient consents to treatment.***	**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.	**Called Emergency Medical Services and stated:** a. Caller's name, location and phone number.	**2**	**0**		
	b. Situation, number and condition of 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.	Correctly verbalized to judge if patient has heat exhaustion or heat stroke.	**4**	**0**		
	****If heat exhaustion move to step #10; if heat stroke skip to step #11.***				
10.	**HEAT EXHAUSTION** a. Moved the patient to a cool area (if possible).	**2**	**0**		
	b. Helped the patient lie down on their back with legs and feet elevated 12 inches.	**2**	**0**		
	c. Removed excessive clothing (jackets or sweaters) and loosened any tight clothing.	**2**	**0**		
	d. Placed cool, damp cloths on the face.	**2**	**0**		
	**** Judge states, "Patient is conscious."***				
	e. Gave small sips of juice, sports drink, or water (4oz every 15min)	**2**	**0**		
	.*Judge states, "EMS has arrived".				
11.	**HEAT STROKE** a. Immediately moved patient to a cool area (if possible).	**2**	**0**		
	b. Removed excessive clothing.	**2**	**0**		
	c. Reminded patient to limit their physical activity.	**2**	**0**		
	d. Placed in cool water up to their neck. (if not possible sponged with cool water or placed ice or cold packs on wrists, ankles, and in the axillary and groin area).	**2**	**0**		
	e. Observed patient for signs of shock and treated if indicated.	**2**	**0**		
	****Judge states, "EMS has arrived".***				
12.	**Summary Steps** Used appropriate verbal and nonverbal communication with patient and other personnel.	**2**	**0**		

The expectation is that competitors read and are aware of all the content within these guidelines and associated links. Successful competitors will study all links for the detailed information.

Skill VIII: Continued...		Possible		Awarded	
13.	Gave information about the patient to EMS rescuers (judge).	**4**	**0**		
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 alcohol based hand-rub for hand hygiene.	**2**	**0**		
	Total Points- Skill VIII: 70% Mastery for Skill VIII: 32.2	**46**			

The expectation is that competitors read and are aware of all the content within these guidelines and associated links. Successful competitors will study all links for the detailed information.

Life Support Skills

Skill IX: Severe Burn

Time: 6 minutes

Competitor #:_____ **Division:** Secondary **Judge's Signature:**_____

	Skill IX: Severe Burn	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. **** Patient consents to treatment.***	2	0		
5.	Quickly assessed the situation. (Asked what happened, noted burn..)	2	0		
6.	Looked for medical information jewelry.	2	0		
7.	**Called Emergency Medical Services and stated:** a. Caller's name, location and phone number.	2	0		
	b. Situation, number and condition of 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		
8.	**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		
	**** Judge states, "Burn has been cooled for 10 minutes".***				
	b. Covered burn with dry, nonstick, sterile or clean dressing	2	0		
	**** Judge states, "Patient's skin is grayish, cold and clammy."***				
9.	Treated patient for shock a. Helped the patient lie on their back.(May be done earlier in skill)	2	0		
	b. Covered the patient with a dry blanket to keep them warm.	2	0		
	****Judge states, "EMS has arrived".***				
10.	**Summary Steps** Used appropriate verbal and nonverbal communication with patient and other personnel.	2	0		
11.	Gave information about the patient to EMS rescuers (judges).	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		
	Total Points- Skill IX: 70% Mastery for Skill IX: 26.6	38			

The expectation is that competitors read and are aware of all the content within these guidelines and associated links. Successful competitors will study all links for the detailed information.

Life Support Skills

Skill X: Administer Naloxone (Nasal Spray NARCAN)

Time: 3 minutes

Competitor #:_____ **Division:** Secondary **Judge's Signature:**_____

	Skill X: Administer Naloxone (Nasal Spray NARCAN)	Possible		Awarded	
1.	Checked and verbalized the scene is safe.	**2**	**0**		
2.	Opened first aid kit and put on PPE.	**2**	**0**		
3.	Checked for responsiveness and breathing.	**2**	**0**		
	**** The judge states, "patient is unresponsive and breathing is slow, shallow.***				
4.	Instructed bystander to contact Emergency Medical Services (judge) or contacted Emergency Medical Services themselves.	**2**	**0**		
5.	Verbalized patient assessment looking for signs of opioid overdose: 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.	**2**	**0**		
	****Judge states, "There is evidence of opioid usage". Judge provides competitor with Naloxone. (Nasal Spray NARCAN trainer).***				
6.	Obtained Naloxone and administered: a. Peeled the package back to remove the device and checked medication name and expiration date.	**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 finger 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**		
	e. No response to first dose may give 2nd dose.	**2**	**0**		
	****Judge states, "Responsive to first dose of NARCAN"***				
7.	Continued to assess responsiveness and breathing.	**2**	**0**		
8.	Used appropriate verbal and nonverbal communication with patient and other personnel.	**2**	**0**		
9.	Gave information about patient to EMS rescuers (*judges*) including time of naloxone delivery.	**4**	**0**		
10.	Removed gloves properly without touching the outside of the gloves with bare hands.	**2**	**0**		
11.	Placed disposable PPE in a biohazard receptacle.	**2**	**0**		
12.	Used alcohol based hand-rub for hand hygiene.	**2**	**0**		
	Total Points- Skill X: 70% Mastery for Skill X: 28	**40**			

The expectation is that competitors read and are aware of all the content within these guidelines and associated links. Successful competitors will study all links for the detailed information.