

Life Threatening Situations

New for 2020-2021

Competitor orientation deleted from ILC.
Editorial updates and clarifications have been made to guidelines.

Event Summary

Life Threatening Situations provides members with the opportunity to gain knowledge and skills required for handling emergency situations until trained assistance arrives. This competitive event consists of 2 rounds. Round One is a 35-item written, multiple-choice test. The top scoring competitors will advance to Round Two for the performance of a selected skill(s) identified in a written scenario. This event aims to inspire members to be proactive future health professionals and gain skills in basic emergency preparedness.

Dress Code

Competitors shall wear proper business attire or official HOSA uniform, or attire appropriate to the occupational area, during the written test and skill(s). Bonus points will be awarded for [proper dress](#).

General Rules

1. Competitors in this event must be active members of HOSA-Future Health Professionals and in good standing in the Middle School division ONLY (in grades 6-8 during the 2020-2021 school year).
2. Competitors must be familiar with and adhere to the ["General Rules and Regulations of the HOSA Competitive Events Program \(GRR\)."](#)
3. All competitors shall report to the site of the event at the time designated for each round of competition. At ILC, competitor's [photo ID](#) must be presented prior to ALL competition rounds.

Official References

4. All official references are used in the development of the written test and skill ratings sheets: <https://community.fema.gov/until-help-arrives>

ROUND ONE: The Test

5. [Test Instructions](#): There will be a maximum of **60 minutes** to complete the test.
6. **Time Remaining Announcements**: There will be a verbal announcement when there are 30 minutes, 15 minutes, 5 minutes, and 1 minute remaining to complete the test.
7. The test will consist of thirty-five (35) multiple choice items. The test scores will be used as a part of the final score for the event.

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.

8. **Written Test Plan**

Stop the Bleed.....	25%
Maintaining Safety	15%
Calling 911	15%
Provide Comfort	10%
Be Informed	10%
Plan Ahead	10%
Take Action	10%
Position the Injured	5%

9. **Sample Round One Test Questions**

1. Which of the following people are *not* at greater risk from extreme heat conditions?
 - A. Children
 - B. Sick and overweight people
 - C. Teenagers**
 - D. Older adults

Be Informed

2. To stay safe during an earthquake, which of the following actions should people take?
 - A. Drop, cover and hold on**
 - B. Run and hide
 - C. Stay outside and call for help
 - D. Seek shelter with neighbors

Be Informed

3. Of the following agents, which is *not* likely to be used as a biological weapon?
 - A. Bacteria
 - B. Protozoa**
 - C. Viruses
 - D. Toxins

Be Informed

ROUND TWO: Skill Assessment

10. The test score from Round One will be used to qualify the competitor for the Round Two. The skills approved for Round Two for this event are:

Skill I: Call 911	<i>(5 minutes)</i>
Skill II: Stop the Bleed	<i>(5 minutes)</i>
Skill III: Position the Unconscious Injured	<i>(5 minutes)</i>

11. 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.)

12. The scenario is a secret topic. Professional ethics demand that competitors DO NOT discuss or reveal the secret topic until after the event has concluded. Violation of the ethics rules will be severely penalized per [the GRRs](#).

Final Scoring

13. The test score from Round One will be used to qualify the team for Round Two, and will be used as part of the final score.
14. The competitor must earn a score of 70% or higher on the combined skill (s) of the event (excluding the test) in order to be recognized as an award winner at the ILC.
15. In case of a tie, the highest test score will be used to determine the rank.

Competitors Must Provide:

- Two #2 lead pencils with eraser
- Sterile Gauze Squares (10)
- Disposable non-latex gloves (2 pairs)
- Watch with second hand (optional-Round Two Only)
- [Photo ID](#)

Life Threatening Situations

Competitor #: _____

Judge's Signature: _____

Skill I: Calling 911	(5 minutes)	Possible		Awarded
1. Verified emergency situation required 911 call.		2	0	
2. Called 911.		2	0	
3. Responded appropriately to all 911 dispatcher questions.		2	0	
a. Stated what happened.		2	0	
b. Stated specific location including floor, room number or any identifying landmarks.		2	0	
c. Accurately reported the number of people injured.		2	0	
d. Described the type and severity of life-threatening situation.		2	0	
e. Addressed any ongoing safety concerns such as any obvious dangers or ongoing threats.		2	0	
4. Followed all directions provided by the dispatcher.		2	0	
5. Hung up when instructed to by dispatcher. (Verbalized that dispatcher told him/her it is OK to hang up.)		2	0	
6. Exhibited acceptable affect with injured person(s) and personnel.		2	0	
TOTAL POINTS - SKILL I		20		
70% Mastery for Skill I = 14				

***If a student jeopardizes the injured person'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.*

Life Threatening Situations

Competitor #: _____

Judge's Signature: _____

Skill II: Stop the Bleed		(7 minutes)		Possible	Awarded
1.	Assessed the scene safety prior to rendering care and verbalized scene is safe.	2	0		
2.	Introduced self and asked if can help.	2	0		
3.	Moved the individual if grave danger is evident and verbalized danger.	2	0		
4.	Called 911 or instructed another to do so (if scenario indicates they are not alone)	2	0		
5.	Verbalized to judge the identified the source of bleeding.	2	0		
6.	Applied disposable gloves.	2	0		
7.	Applied direct pressure to the source of the bleeding using gauze pads.	2	0		
8.	Maintained firm, steady pressure on the source of the bleeding until EMS arrives.	2	0		
9.	If injured person complains of pain, explained that firm pressure is required due to the amount of blood loss.	2	0		
<i>Judge will provide instructions regarding if direct pressure is controlling bleeding or if a tourniquet is available and indicated per judge instructions. (if bleeding is controlled skip to 11).</i>		-			
10.	If bleeding is so severe that bleeding is not stopped and a tourniquet is available, applied the tourniquet:				
	a. Placed the tourniquet only on the arms or legs.	2	0		
	b. Placed the tourniquet as high on the limb as possible over clothing if needed.	2	0		
	c. Pulled the strap through the buckle.	2	0		
	d. Twisted the rod tightly until bleeding stops/slows significantly	2	0		
	e. If injured complains of pain, provided reassurance and informed them of the need for additional pressure to control bleeding.	2	0		
	f. Left tourniquet in place until EMS arrived.	2	0		
11.	Exhibited acceptable affect with injured person and personnel.	2	0		
12.	Removed gloves appropriately without touching outside of gloves with bare hands.	2	0		
13.	Disposed of gloves properly.	2	0		
14.	Used hand sanitizer.	2	0		
TOTAL POINTS - SKILL II					
Without Tourniquet		26			
With Tourniquet		38			
70% Mastery for Skill II					
Without Tourniquet = 18.2					
With Tourniquets = 26.6					

*Bleeding will always being found on an extremity in the scenario.

**If a student jeopardizes the injured person'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.

Life Threatening Situations

Competitor #: _____

Judge's Signature: _____

Skill III: Position the Unconscious Injured (3 minutes)		Possible		Awarded
1.	Verbalized that 911 has been called and bleeding has been resolved.	2	0	
2.	Placed the unconscious injured victim on their side.	2	0	
3.	Positioned the bottom arm reaching outward.	2	0	
4.	Positioned the top arm resting on the bicep of the bottom arm.	2	0	
5.	Positioned head resting on hand of top arm while minimizing movement of head or neck.	2	0	
6.	Positioned legs slightly bent.	2	0	
7.	Positioned chin raised forward.	2	0	
8.	Positioned mouth pointed downward.	2	0	
9.	Exhibited acceptable affect with injured person and personnel.	2	0	
10.	Remained with injured person until EMS arrived.	2	0	
TOTAL POINTS - SKILL III		20		
70% Mastery for Skill III = 14				

***If a student jeopardizes the injured person'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.*