

CPR/First Aid

New for 2021 -2022

Guidelines have been updated with the November 2020 American Heart Association Updates and new releases.

DHO Health Science 9th Edition by Simmers has been released.

Heartsaver First Aid Workbook is now sold separately.

Supplies for first aid kit have been updated.

Skill step point values have been revised.

Event Summary

CPR/First Aid provides members with the opportunity to gain knowledge and skills required for team first aid and basic life support. This competitive event consists of 2 rounds and each team consists of 2 people. Round One is a written, multiple-choice test and the top scoring teams will advance to Round Two for the 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.

Dress Code Competitors shall wear proper business attire or official HOSA uniform, or attire appropriate to the occupational area, during both rounds. Bonus points will be awarded for [proper dress](#).

General Rules

1. Competitors in this event must be active members of HOSA and in good standing.
2. Secondary and Postsecondary/Collegiate divisions are eligible to compete in this event.
3. Competitors must be familiar with and adhere to the [“General Rules and Regulations of the HOSA Competitive Events Program \(GRR\).”](#)
4. 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.
5. 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 CERT or CPR/First Aid event.

Official References

6. All official references are used in the development of the written test and skill rating sheets.
 - [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.](#)

Round One Test

7. [Test Instructions](#): The written test will consist of 50 multiple choice items in a maximum of 60 minutes

8. **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.

9. **Written Test Plan**

Anatomy and Physiology	15%
Basic Life Support	40%
• General Concepts	
• BLS/CPR for Adults, Children and Infants	
• AED for Adults, Children and Infants	
• CPR with Advanced Airway	
• Mouth-to-Mouth/Rescue Breathing	
• Relief of Choking	
First Aid	45%
• Basics	
• Medical Emergencies	
• Injury Emergencies	
• Environmental Emergencies	

*NOTE: **Chartered associations**/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/**Chartered Association** for the process you will be using.*

10. The average test score from Round One will be used to qualify the team for Round Two.

11. **Sample Test Questions**

1. What is the second link in the AHA BLS out-of-hospital adult chain of survival?
A. High-quality CPR
B. Advanced resuscitation
C. Post-cardiac arrest care
D. Defibrillation
AHA BLS Page 6
2. What can be given to a responsive diabetic who is exhibiting signs of low blood sugar?
A. Chocolate
B. Something to eat or drink that contains sugar
C. Diet coke
D. Nothing to eat or drink
AHA Heartsaver FA PAGE 35
3. After a superficial burn has been cooled, what is the next step?
A. Apply a commercial burn ointment, if available.
B. Remove any clothing that is sticking to the skin.
C. Cover the burn with a dry, nonstick sterile dressing.
D. Place an occlusive dressing over the burn and apply a dressing.
Simmers Page 534

Round Two Skills

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

First Aid Skills – Rescuer 1 Initiated

Skill I:	Severe Bleeding and Shock
Skill II:	Choking
Skill III:	Compound Fracture and Splinting
Skill IV:	Severe Burns
Skill V:	Heat-Related Emergency

BLS for Healthcare Providers – Rescuer 2 Initiated

Skill VI:	Adult BLS/CPR
Skill VII:	Adult BLS/CPR (Rescuer 1 Assists)
Skill VIII:	Adult BLS with AED
Skill IX:	Adult BLS with AED (Rescuer 1 Assists)
Skill X:	Infant BLS/CPR
Skill XI:	Infant BLS/CPR (Rescuer 1 Assists)

13. 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](#).
14. 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.
15. 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](#).
16. 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 patient physiology and will be included in the scenario.

Final Scoring

17. 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.
18. Final rank is determined by adding the averaged round one test score plus round two skill score. In case of a tie, the highest averaged test score will be used to determine final placement.

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. Feedback devices will not be used for ILC competition.

Competitors Must Provide:

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

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

- Cravat (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 pairs 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

Team #: _____

Judge's Signature: _____

Skill I: 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. <i>* Patient consents to treatment.</i>	2	0
5. Quickly assessed the situation. (Asked what happened, noted bleeding.)	2	0
6. Looked for medical information jewelry.	2	0
7. Responded to Rescuer 2's call for help.	1	0
8. Called Emergency Medical Services and stated:		
a. Caller's name, location and phone number.	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 him/her 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 your hand with the other hand stacked on top of the first. Direct pressure was:	2	0
a. firm	2	0
b. steady	2	0
c. constant	2	0
11. Applied tourniquet.	2	0
a. Applied 2 to 3 inches above the bleeding site on the person'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 his/her back.	2	0

Items Evaluated	Possible	Awarded
b. Covered the patient to keep patient warm.	2 0	
13. Changed gloves.	2 0	
14. Assisted Rescuer 2 with BLS. <i>Judge will continue to evaluate Rescuer 1 using the appropriate BLS rating sheet, and will complete his/her evaluation using this rating sheet after the EMS arrives.</i>	1 0	
Summary Steps 15. 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 hand sanitizer.	2 0	
TOTAL POINTS - SKILL I 70% Mastery for Skill I = 39.2	56	

CPR/FIRST AID – Rescuer 1

Team #: _____

Judge's Signature: _____

The patient will be sitting or standing and is NOT pregnant or obese. This patient will not require EMS treatment or transport.

Skill II: Choking (Adult or Child)		Possible	Awarded
1.	Observed a patient with signs of severe airway obstruction. (Verbalized, for the judges, the signs of severe airway obstruction that were observed.)	2 0	
2.	Asked the patient if he or she is choking. Asked can I help you? <i>* Patient nods head yes and cannot talk.</i>	2 0	
3.	Responded to Rescuer 2's call for help.	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 the navel and well below the breastbone (<i>If the patient is obese or pregnant, perform chest thrusts</i>).	2 0	
7.	Grasped fist with other hand and SIMULATED pressing fist into the patient's abdomen with a quick, forceful upward thrust. (DO NOT actually perform an abdominal thrust on the patient for this scenario.)	2 0	
8.	Repeated thrusts (SIMULATED) until object is expelled from the airway giving each new thrust with a separate, distinct movement to relieve the obstruction. <i>* Judge states, "Object is expelled."</i>	2 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 him/her it is OK to hang up.)	2 0	
10.	Opened first aid kit and put on PPE (or changed gloves).	2 0	
11.	Assisted Rescuer 2 with BLS Judge will continue to evaluate Rescuer 1 using the appropriate BLS rating sheet, and will complete his/her evaluation using this rating sheet after the EMS arrives.	_____	

Skill II: Choking (continued)		Possible	Awarded
Summary Steps			
12.	Appropriate verbal and nonverbal communication with patient and other personnel.	2 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 hand sanitizer.	2 0	
TOTAL POINTS - SKILL II		31	
70% Mastery for Skill II = 21.7			

CPR/FIRST AID – Rescuer 1

Team #: _____

Judge's Signature: _____

Skill III: Open Fracture and Splinting		Possible	Awarded
1.	Verified scene safety.	2	0
2.	Opened first aid kit and put on PPE.	2	0
3.	Checked for responsiveness and breathing.	2	0
4.	Introduced self and asked for permission to help. <i>* Patient consents to treatment.</i>	2	0
5.	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 2'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 him/her 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.	2	0
	a. Splint supported the joint above and below the injury.		
	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 using a hard splint padded the splint.	2	0
12.	Encouraged patient to keep the limb still	1	0
13.	Changed gloves	2	0
14.	Assisted Rescuer 2 with BLS - <i>Judge will continue to evaluate Rescuer 1 using the appropriate BLS rating sheet, and will complete his/her evaluation using this rating sheet after the EMS arrives.</i>	_____	
Summary Steps			
15.	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 hand sanitizer.	2	0
TOTAL POINTS – SKILL III		43	
70% Mastery for Skill III = 30.1			

CPR/FIRST AID – Rescuer 1

Team #: _____

Judge's Signature: _____

Skill IV: Severe Burns	Possible	Awarded
1. Verified scene safety.	2 0	
2. Opened first aid kit and put on PPE.	2 0	
3. Checked for responsiveness and breathing.	2 0	
4. Introduced self and asked for permission to help. <i>* Patient consents to treatment.</i>	2 0	
5. Quickly assessed the situation. (Asked what happened, noted burn.)	2 0	
6. Looked for medical information jewelry.	2 0	
7. Responded to Rescuer 2's call for help.	1 0	
8. Called Emergency Medical Services and stated:		
a. Caller's name, location and phone number.	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 him/her 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	2 0	
c. Covered burn with dry, nonstick, sterile or clean dressing. <i>* Judge states, "Patient's skin is grayish, cold and clammy."</i>	2 0	
10. Treated patient for shock		
a. Helped the patient lie on his/her back. (May be done at step 9.)	2 0	
b. Covered the patient with a dry blanket to keep patient warm.	2 0	
11. Changed gloves	2 0	
12. Assisted Rescuer 2 with BLS - <i>*Judge will continue to evaluate Rescuer 1 using the appropriate BLS rating sheet, and will complete his/her evaluation using this rating sheet after the EMS arrives.</i>	_____	
Summary Steps		
13. Appropriate verbal and nonverbal communication with patient and other personnel.	2 0	
14. Gave information about patient to EMS rescuers.	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 hand sanitizer.	2 0	
TOTAL POINTS – SKILL IV 70% Mastery for Skill IV = 30.1	43	

CPR/FIRST AID – Rescuer 1

Team #: _____

Judge's Signature: _____

Skill V: Heat-Related Emergency	Possible	Awarded
1. Verified scene safety.	2	0
2. Opened first aid kit and put on PPE.	2	0
3. Checked for responsiveness and breathing.	2	0
4. Introduced self and asked for permission to help. <i>* Patient consents to treatment.</i>	2	0
5. Quickly assessed the situation. (Asked what happened.)	2	0
6. Looked for medical information jewelry.	2	0
7. Observed patient closely for signs and symptoms of heat exposure. Information may be obtained directly from patient or observers.	2	0
8. Responded to Rescuer 2's call for help.	1	0
9. Called Emergency Medical Services and stated:		
a. Caller's name, location and phone number.	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 him/her 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. Move the patient to a cool area (if possible).	2	0
b. Help the patient lie down.	2	0
c. Removed as much of the patient's clothing as possible.	2	0
d. Cooled the person 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 person to 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. (not possible spray with cool water)	2	0
e. Observed patient for signs of unresponsiveness or not breathing normally and initiated CPR if indicated.	2	0

Skill V: Heat-Related Emergency		Possible	Awarded
13.	Changed gloves	2 0	
14.	Assisted Rescuer 2 with BLS <i>*Judge will continue to evaluate Rescuer 1 using the appropriate rating sheet, and will complete his/her evaluation using this rating sheet after the EMS arrives.</i>	_____	
Summary Steps			
15.	Appropriate verbal and nonverbal communication with patient and other personnel.	2 0	
16.	Gave information about the patient to EMS rescuers.	4 0	
17.	Removed gloves properly without touching the outside of the gloves with your bare hands.	2 0	
18.	Placed disposable PPE in a biohazard receptacle.	2 0	
19.	Used hand sanitizer.	2 0	
TOTAL POINTS -- SKILL V 70% Mastery for Skill V = 34.3		49	

CPR/FIRST AID – Rescuer 2

Team #: _____

Judge's Signature: _____

- *This skill involves two healthcare providers in an isolated location. The rescuers have access to a first aid kit and cell phone, but there is no AED available.*
- *Rescuer 2 will start this skill, and then Rescuer 1 will come to his/her assistance following steps on skill VII.*

Skill VI: Adult BLS/CPR – Rescuer 2 Initiates		Possible	Awarded
1.	Verified scene safety.	2	0
2.	Opened first aid kit and put on PPE.	2	0
3.	Determined unresponsiveness: tapped shoulder, shouted "Are you OK?" <i>* Judge states, "Patient is not responsive."</i>	2	0
4.	Shout to Rescuer 1 to activate the emergency response system and get AED/defibrillator. <i>* Judge states, "AED is not available."</i>	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.		
	a. Check for breathing by scanning the patient's chest for rise and fall.	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). <i>* Judge states, "Not breathing." or "Not breathing normally" and "no pulse".</i>	2	0
6.	Initial Chest Compressions (30)		
	a. Positioned self at the patient's side.	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 his/her 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 or 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
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

Skill VI: Adult BLS/CPR – Rescuer 2 (continued)		Possible	Awarded
b.	Sealed the mask on the patient's face. <ul style="list-style-type: none"> Used the hand that is closer to the top of the patient's head & placed index finger and thumb along the top edge of the mask 	2	0
	<ul style="list-style-type: none"> Placed the thumb of his/her second hand along the bottom edge of the mask. 	2	0
c.	Placed the remaining fingers of the second hand along the bony margin of the jaw and lifted the jaw.	2	0
d.	Pushed with the hand on the patient's forehead (the palm of the hand) and placed other hand under the bony part of the lower jaw lifting it to bring the chin forward.	2	0
e.	Performed a head tilt-chin lift to open the airway.	2	0
f.	While lifting the jaw, pressed firmly and completely around the outside edge of the mask (with the fingers) to seal the mask against the face.	2	0
g.	Delivered breath over 1 second each to make the chest rise.	2	0
8.	Continued cycles of 30 compressions and 2 breaths with minimal interruptions until Rescuer 1 arrives. When Rescuer 1 arrives instruct to perform chest compressions.	2	0
9.	Using bag mask positioned self directly above the patient's head.	2	0
10.	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
11.	Squeezed the bag to give each breath for 1 second each after every 30 compressions watching for chest rise.	2	0
12.	Responded to Rescuer 1's call to switch roles after five (5) cycles, taking less than 10 seconds to complete the switch and resume with chest compressions.	2	0
13.	Performed chest compressions, counting aloud, using a compressions to breaths ratio of 30:2. *Judge states "EMS has arrived and has taken over care of the patient."	2	0
14.	Appropriate verbal and nonverbal communication with patient and other personnel.	2	0
15.	Gave information about patient to EMS rescuers.	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 hand sanitizer.	2	0
TOTAL POINTS – SKILL VI		78	
70% Mastery for Skill VI = 54.6			

CPR/FIRST AID – Rescuer 1

Team #: _____

Judge's Signature: _____

- *This skill involves two healthcare providers in an isolated location. The rescuers have access to a first aid kit and cell phone, but there is no AED available.*
- *Rescuer 1 starts with one of the First Aid skills I-V, then moves to assist Rescuer 2 with BLS/CPR following the steps here.*

Skill VII: Adult BLS/CPR – Rescuer 1 Assists		Possible	Awarded
1.	After changing gloves, stated, "I can assist you in CPR." and responded to Rescuer 2's instructions to take over chest compressions.	2	0
2.	Initial Chest Compressions (30)		
a.	Positioned self at the patient's side.	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 his/her 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 2 to switch roles after five (5) cycles, 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.	2	0
a.	Performed a head tilt.		
b.	Placed the mask on the patient's face, using the bridge of the nose as a guide for correct position.	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
6.	Returned to First Aid patient to complete summary steps	1	0
TOTAL POINTS – SKILL VII		33	
70% Mastery for Skill VII = 23.1			

CPR/FIRST AID – Rescuer 2

Team #: _____

Judge's Signature: _____

* Rescuer 2 will start this skill, and then Rescuer 1 will come to his/her assistance following steps on skill IX

Skill VIII: Adult BLS with AED – Rescuer 2 Initiates		Possible	Awarded
1.	Verified scene safety.	2	0
2.	Opened first aid kit and put on PPE.	2	0
3.	Determined unresponsiveness: tapped shoulder, shouted "Are you OK?" * Judge states, "Patient is not responsive."	2	0
4.	Shout to Rescuer 1 to activate the emergency response system and get AED/defibrillator.	2	0
5.	Checked to see if the patient has a normal breathing and a pulse for no less than 5 and no more than 10 seconds.		
	a. Checked for breathing by scanning the patient's chest for rise and fall.	2	0
	b. Performed a pulse check by 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). * 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 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 his/her 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 come back to its normal position.	2	0

Skill VIII: Adult BLS/CPR – Rescuer 2 (continued)		Possible	Awarded
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
	Sealed the mask on the patient's face.		
b.	Used the hand that is closer to the top of the patient's head and placed index finger and thumb along the top edge of the mask.	2	0
c.	Placed the thumb of his/her second hand along the bottom edge of the mask.	2	0
d.	Placed the remaining fingers of the second hand along the bony margin of the jaw and lifted the jaw.	2	0
e.	Pushed with the hand on the patient's forehead (the palm of the hand) and placed other hand under the bony part of the lower jaw lifting it to bring the chin forward.	2	0
f.	Performed a head tilt-chin lift to open the airway.	2	0
g.	While lifting the jaw, pressed firmly and completely around the outside edge of the mask (with the fingers) to seal the mask against the face.	2	0
h.	Delivered each breath over 1 second each to make the chest rise.	2	0
8.	Continued cycles of 30 compressions and 2 breaths with minimal interruptions until Rescuer 1 arrived with AED. Continued compressions while Rescuer 1 prepared AED.	2	0
9.	Rescuer 1 – Opened case and powered on AED	*	
10.	Rescuer 1 cleared patient and allowed AED to analyze.	*	
11.	Rescuer 2 moved to head to prepare for bag-mask ventilation.	1	0
12.	Rescuer 1 – If AED indicated a shockable rhythm, cleared patient again and delivered shock.	*	
The remaining steps are performed by Rescuer 2.			
13.	If no shock is indicated or immediately after any shock is delivered, waited for Rescuer 1 to complete 30 chest compressions before delivering 2 breaths with bag mask.	2	0
14.	Using the bag mask, positioned self directly above the patient's head.	2	0

Skill VIII: Adult BLS/CPR – Rescuer 2 (continued)		Possible		Awarded
15.	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	
16.	Squeezed the bag to give each breath after every 30 compressions for 1 second each watching for chest rise.	2	0	
17.	Responded to Rescuer 1's call to switch roles after five (5) cycles, taking less than 10 seconds to complete the switch and resume with chest compressions.	2	0	
18.	Performed chest compressions, counting aloud, using a compressions to breaths ratio of 30:2. *Judge states "EMS has arrived and has taken over care of the patient."	2	0	
19.	Appropriate verbal and nonverbal communication with patient and other personnel.	2	0	
20.	Gave information about patient to EMS rescuers.	4	0	
21.	Removed gloves properly without touching the outside of the gloves with bare hands.	2	0	
22.	Placed disposable PPE in a biohazard bag.	2	0	
23.	Used hand sanitizer.	2	0	
TOTAL POINTS – SKILL VIII		81		
70% Mastery for Skill VIII = 56.7				

CPR/FIRST AID – Rescuer 1

Note: Variations in AED equipment should be taken into consideration when using this rating tool to evaluate student performance. Adjustments to this rating sheet should support fair and equal treatment of all competitors.

Team #: _____

Judge's Signature: _____

Procedure IX: Adult BLS with AED – Rescuer 1 Assists		Possible	Awarded
1.	After treating first aid patient and changing gloves, arrived with the AED.	2	0
2.	Rescuer 1 – Opened case and powered on AED.	2	0
3.	Peeled backing away from the AED pads and attached to victim'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 1 cleared patient and allowed AED to analyze.	2	0
6.	Rescuer 2 moved to head to prepare for bag-mask ventilation.	*	
7.	Rescuer 1 – If AED indicated a shockable rhythm, cleared patient again by loudly stating, "all clear" and delivered shock.	2	0
8.	If no shock is indicated or immediately after any shock is delivered, began chest compressions.	2	0
a.	Positioned self at the patient's side.		
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 his/her 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 2 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	2	0
a.	Perform a head tilt.		
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
*Judge states "EMS has arrived & has taken over care of the patient."			
13.	Returned to First Aid patient to complete summary steps.	1	0
TOTAL POINTS – SKILL IX		43	
70% Mastery for Skill IX = 30.1			

CPR/FIRST AID – Rescuer 2

Team #: _____

Judge's Signature: _____

- *This skill involves two healthcare providers in an isolated location. The rescuers have access to a first aid kit and cell phone, but there is no AED available.*
- *Rescuer 2 will start this skill, and then Rescuer 1 will come to his/her assistance following steps on skill VII.*

Skill X: Infant BLS/CPR – Rescuer 2 Initiates		Possible	Awarded
1.	Verified scene safety.	2	0
2.	Opened first aid kit and put on PPE.	2	0
3.	Determined unresponsiveness (tapping heel) & shouting for help. * Judge states, "Patient is not responsive".	2	0
4.	Shout to Rescuer 1 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 a normal breathing and a pulse for no less than 5 and no more than 10 seconds.	2	0
	a. Checked for breathing by scanning the patient's chest for rise and fall.		
	b. Performed a pulse check by feeling for a brachial pulse (place 2 or 3 fingers on the inside of the upper arm, midway between the infant's elbow & shoulder) . * Judge states, "Not breathing." or "Not breathing normally" and "No pulse".	2	0
6.	Initial Chest Compressions (30)		
	a. Positioned self at the patient's side.	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 come back to its normal position.	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

Skill X: Infant BLS/CPR – Rescuer 2 (continued)		Possible		Awarded
c.	Delivered breathes over 1 second each to make the chest rise	2	0	
8.	Continued cycles of 30 compressions and 2 breaths with minimal interruptions until Rescuer 1 arrives. Rescuer 2 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.	Responded to Rescuer 1's call to switch roles after five (5) cycles, taking less than 10- seconds to complete the switch.	2	0	
11.	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) and positioned self directly above the patient's head.	2	0	
12.	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	
13.	Placed the infant's neck in a neutral position and pressed the mask to the face to seal.	2	0	
14.	Squeezed the bag to give 2 breaths for 1 second each after every 15 compressions watching for chest rise.	2	0	
15.	Responded to Rescuer 1's call to switch roles after five (5)cycles, taking less than 10 seconds to complete the switch and resume with chest compressions.	2	0	
16.	Performed chest compressions, counting aloud, using a compressions to breaths ratio of 15:2. *Judge states "EMS has arrived and has taken over care of the patient."	2	0	
17.	Appropriate verbal and nonverbal communication with patient and other personnel.	2	0	
18.	Gave information about patient to EMS rescuers.	4	0	
19.	Removed gloves properly without touching the outside of the gloves with bare hands.	2	0	
20.	Placed disposable PPE in a biohazard receptacle.	2	0	
21.	Used hand sanitizer.	2	0	
TOTAL POINTS – SKILL X		64		
70% Mastery for Skill X = 44.8				

CPR/FIRST AID – Rescuer 1

Team #: _____

Judge's Signature: _____

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

Skill XI:	Infant BLS/CPR (Rescuer 1 Assists)	Possible		Awarded
1.	After changing gloves, Rescuer I stated, "I can assist you in CPR."	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			
	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 infants neck in a neutral position and pressed the mask to the face to seal.	2	0	
5.	Squeezed the bag to give 2 breaths for 1 second each after every 15 compressions.	2	0	
6.	Responded to Rescuer 1's call to switch roles after five (5)cycles, taking less than 10 seconds to complete the switch and resume with chest compressions.	2	0	
7.	a. Delivered 15 chest compressions using the 2 thumb encircling hands technique by placing thumbs in the center of the infant's chest just below the nipple line on the lower half of the breastbone.	2	0	
	b. Performed compressions at least 1/3 the depth of the chest or 1 ½ inches (4 cm) at a rate of 100-120/min,	2	0	
	c. Counted compressions aloud	2	0	
	d. At the end of each compression, allowed the chest to come back to its normal position.	2	0	
8.	Continued CPR cycles until judge states " <i>EMS has arrived and has taken over care of patient.</i> "	2	0	
9.	Returned to first aid patient to complete summary steps.	1	0	
TOTAL POINTS – SKILL XI (RESCUER I)		27		
70% Mastery for Skill XI = 18.9				