



# Life Threatening Situations

## ***New for 2021-2022***

First Aid for Severe Trauma (FAST) has been added to the resources for this event.  
The test plan has been updated.  
An additional skill: Response to Violent Situation has been added.

### **Event Summary**

Life Threatening Situations provides Middle School 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 2021-2022 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>
  - [First Aid for Severe Trauma \(FAST\) American Red Cross](#)

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

8. **Written Test Plan**

Stop the Bleed.....	25%
Maintaining Safety .....	10%
Calling 911 .....	10%
Provide Comfort .....	10%
Be Informed .....	10%
Plan Ahead .....	10%
Take Action .....	10%
Position the Injured .....	5%
Communication in Emergency Situations.....	5%
Violent Situations.....	5%

9. **Sample Round One Test Questions**

1. To help a person who has sustained critical injuries, what is the first action?
  - A. Talk to the injured person to keep them calm
  - B. Estimate the blood loss before initiating treatment
  - C. Quickly recognize life-threatening bleeding**
  - D. Recognize breathing difficulties  
*Until Help Arrives*
  
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. Which of the following statements best describes the use of direct pressure to stop bleeding?
  - A. Use the fingertips to apply even, steady pressure
  - B. Use both hands with arms locked to apply firm pressure**
  - C. Use the heel of one hand to apply continual pressure
  - D. Use both hands to apply intermittent pressure  
*FAST*

**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	(5 minutes)
Skill II: Stop the Bleed	(7 minutes)
Skill III: Position the Unconscious Injured	(5 minutes)
Skill IV: Response to Violent Situation	(5 minutes)
  
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: \_\_\_\_\_

<b>Skill I: Calling 911</b>	<b>(5 minutes)</b>	Possible		<b>Awarded</b>
1. Verified emergency situation required 911 call.		2	0	
2. Called 911 (placed phone on speaker mode if alone to allow hands to be free).		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. Appropriate verbal and nonverbal communication with patient and other personnel.		2	0	
<b>TOTAL POINTS - SKILL I</b>		<b>20</b>		
<b>70% Mastery for Skill I = 14</b>				

## Life Threatening Situations

Competitor #: \_\_\_\_\_

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

<b>Skill II: Stop the Bleed (Extremity)</b>		<b>(7 minutes)</b>		<b>Possible</b>	<b>Awarded</b>
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.	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		
<b><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></b>		-			
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.	Allowed patient to assume position that is most comfortable for them.	2	0		
12.	Demonstrated close looped communication in role of sender.	2	0		
	a. Spoke clearly.				
	b. Clearly identified the intended receiver.	2	0		
	c. Made eye contact with the receiver.	2	0		

Items Evaluated	Possible		Awarded
d. Pointed at the receiver to make clear who the sender is speaking to.	2	0	
e. Used the receiver's name if known or identified in some way.	2	0	
f. Looked and listened for feedback from receiver to ensure request was heard.	2	0	
g. Closed the loop by obtaining feedback from the receiver.	2	0	
13. Removed gloves appropriately without touching outside of gloves with bare hands.	2	0	
14. Disposed of gloves properly.	2	0	
15. Washed hands or used alcohol-based handrub for hand hygiene.	2	0	
<b>TOTAL POINTS - SKILL II</b> <b>Without Tourniquet</b> <b>With Tourniquet</b> <b>70% Mastery for Skill II</b> <b>Without Tourniquet = 28</b> <b>With Tourniquet = 36.4</b>		<b>40</b> <b>52</b>	

## Life Threatening Situations

Competitor #: \_\_\_\_\_

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

<b>Skill III: Position the Unconscious Injured</b>		<b>(3 minutes)</b>		<b>Possible</b>	<b>Awarded</b>
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.	Appropriate verbal and nonverbal communication with patient and other personnel.	2	0		
10.	Remained with injured person until EMS arrived.	2	0		
<b>TOTAL POINTS - SKILL III</b>		<b>20</b>			
<b>70% Mastery for Skill III = 14</b>					

## Life Threatening Situations

Competitor #: \_\_\_\_\_

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

*\*Competitor will assume a leadership role with peers (2 to 3 peer actors) when responding to the scenario. Competitors will be acting out their response as well as verbalizing. The competition room will be setup with props to allow competitors to act out the appropriate response to the scenario.*

<b>Skill IV: Response to Violent Situation</b>	<b>(5 minutes)</b>	<b>Possible</b>	<b>Awarded</b>
1. Identified the violent situation response based on provided scenario (active shooter). a. Verbalized the best response (run, hide or fight) to the judge.		10 0	
Based on the decision in step #1, competitors will then either RUN, HIDE, or FIGHT and perform step #2, #3 OR #4, acting out and verbalizing the steps for the judge.			
2. RUN - a. If clear escape route is evident verbalized RUN away from violent situations and dangers.		4 0	
b. Helped others evacuate if possible (Did not try to move injured person)		4 0	
c. Called 911 when reached safety.		4 0	
3. If unable to run, HIDE a. Chose a hiding place in the competition room with as few windows as possible (verbalized covered windows if present).		4 0	
c. Blocked the entry to the hiding place and locked the door.		4 0	
d. Silenced all electronics and stayed quiet.		4 0	
4. FIGHT as a last resort a. Developed plan for disabling or disarming the attacker.		4 0	
b. Competitor assumed leadership role and explained to peers what actions to take.		4 0	
c. Verbalized use of heavy items available to strike attacker in sensitive areas, such as head, neck, groin, or knees.		4 0	
<b>TOTAL POINTS - SKILL IV</b> <b>70% Mastery for Skill IV = 15.4</b>		<b>22</b>	