

Life Support Skills



New for 2023 – 2024

American Red Cross has been added as a resource. For steps in CPR or First Aid that differ between resources – either American Red Cross or American Heart Association can be used. Competitors will tell the judges before beginning **the event** which organization protocol they are using.

Two new skills, Administer Epinephrine Pen and Administration of Naloxone (Nasal Spray NARCAN) have been added.

Steps in Choking Skill have been updated.

Scissors provided by competitor have been clarified to bandage scissors.

Skill events now require attire appropriate to the occupational area be worn for the event.

These guidelines are written for ILC. States may modify events or have different event processes and deadlines. Be sure to check with your Local/State Advisor (or state website) to determine how the event is implemented for the regional/area or state conference.

Editorial updates have been made.

Event Summary

Life Support Skills provides HOSA members with the opportunity to gain knowledge and skills required for basic life support. This competitive event consists of an evaluation of member's performance in 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.

Dress Code

Competitors are required to wear attire appropriate to the occupational area. Bonus points will be awarded for [proper dress](#).

Competitor Must Provide:

- ☐ [Eligibility form](#) (submitted by state deadline per state's process AND digitally submitted for ILC prior to May 15th)
- ☐ [Photo ID](#)
- ☐ Two #2 lead pencils (not mechanical) with eraser for evaluation

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 **non-latex gloves**, 1 set of goggles or safety glasses

IEP Events

Four (4) events in the HOSA Competitive Event Program are designed for students classified with an IEP. The events are **Interviewing Skills, Personal Care, Life Support Skills, and Speaking Skills**

Participation Eligibility: To participate in these four events, the competitor **MUST** be classified under the provision of the 2004 reauthorized Individuals with Disabilities Education Act (IDEA). Students classified under Section 504 are **NOT** eligible to compete in this event.

IEP Verification and Accommodation: [This form](#) must be completed by all competitors in these four (4) events to be eligible for ILC competition. [This form](#) also allows the competitor to request accommodations. To learn the definition of an accommodation, please read [Appendix H](#).

Point Deduction: If the competitor does not submit [this form](#) by the May15 deadline, then the competitor will be allowed to compete but will receive 35 penalty points. Points will be deducted in Tabulations.

Deadline: The deadline for ILC is May 15 midnight EST. Check with your Local/State Advisor (or state website) to determine the deadline for any regional and/or state conferences.

General Rules

1. Competitors in this event must be active members of HOSA in good standing.
2. **Eligible Division:** Secondary division is 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.

Official References

5. All official references are used in the development of skill rating sheets:
6. [American Red Cross. Basic Life Support. Latest edition.](#)
7. [American Red Cross. First Aid/CPR/AED. Latest edition.](#)
8. [American Heart Association. BLS Provider Manual. Latest Edition.](#)
9. [American Heart Association. Heartsaver First Aid. Latest Edition.](#)
10. [Simmers, L., Simmers-Narker, Simmers-Kobelak. DHO: Health Science. Cengage Learning. Latest edition.](#)
11. [AMA: How to Administer Naloxone](#)

Skills Assessment

12. Each competitor will be evaluated on his/her performance on selected skill(s). All competitors will be evaluated on one of the CPR Skills and one of the first aid skills. The skills will not be combined.

The skills approved for this event are:

CPR Skills

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

First Aid Skills

Skill IV:	Administer Epinephrine Pen	3 minutes
Skill V:	Severe Bleeding	5 minutes
Skill VI - A:	Choking (ARC)	3 minutes
Skill VI - B:	Choking (AHA)	
Skill VII:	Open Fracture and Splinting	6 minutes
Skill VIII:	Heat-Related Emergency	5 minutes
Skill IX:	Severe Burn	6 minutes
Skill X:	Administer Naloxone (Nasal Spray NARCAN)	3 minutes

13. The selected skill(s) in the form of a written scenario will be read to the competitor at the start of the skill to be performed. The timing for the skill will begin when the section leader finishes reading the scenario to the competitor. A sample scenario can be found [here](#).
14. Timing 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's condition and will be included in the scenario or judge script.

Final Scoring

17. The competitor must earn a score of 70% or higher on the combined skill(s) of the event to be recognized as an award winner at the ILC.
18. In case of a tie, the selected skill with the highest possible point value will be used as the tiebreaker; others as necessary in descending order of total point value.
19. If the competitor does not complete the [Eligibility Form](#) by the deadline, then the competitor will be allowed to compete but will receive 35 penalty points. Points will be deducted in Tabulations.

Note: HOSA follows **American Heart Association (AHA) OR American Red Cross (ARC)** guidelines for healthcare providers. Competitors can choose which organization's protocols to follow. Where steps differ between organizations the competitors will have the option of following either of the steps (see rubrics). Competitors will notify judges which organization's protocols they are using before beginning a skill. CPR feedback devices will not be used for ILC competition.

Life Support Skills

Section # _____ Division: _____ SS _____ PS/Collegiate
 Competitor # _____ Judge's Signature _____

* This skill involves a single health provider in a remote location. The rescuer has access to first aid kit and cell phone, but there is no AED available.

Skill I: Adult BLS/CPR (Time: 6 minutes)		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?" * Judge states, "Patient is not responsive."	2	0
4.	Shouted for nearby help to activate the emergency response system. * Judge states, "AED is not available."	2	0
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.	2	0
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.		
	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).	2	0
	* Judge states, "Not breathing." or "Not breathing normally" and "No pulse".		

Skill I: Adult BLS/CPR (con't) – Items Evaluated		Possible	Awarded
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
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.	Simulated breath by stating "Breath, Breath". (Verbalized breaths are for 1 second each while observing for chest rise.)	2	0
10.	Completed 5 cycles (about 2 minutes) of 30 compressions and 2 simulated breaths with minimal interruptions. <i>* Judge states, "EMS has arrived and has taken over care of the patient".</i>	2	0
11.	Used appropriate verbal and nonverbal communication with patient and other personnel.	2	0
12.	Gave information about patient to EMS rescuers.	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		64	
70% Mastery for Skill I = 44.8			

Life Support Skills

Section # _____ Division: _____ SS _____ PS/Collegiate
 Competitor # _____ Judge's Signature _____

* This skill involves a single health provider with AED available. The rescuer has access to first aid kit, cell phone, and AED.

Skill II: Adult BLS/CPR with AED (Time: 8 minutes)		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?" * Judge states, "Patient is not responsive."	2	0
4.	Shout for nearby help to activate the emergency response system. * Judge states, "AED is available."	2	0
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. Check for breathing by scanning the patient's chest for rise and fall OR (ARC) a. Opened the airway to a past-neutral head position using the head-tilt/chin-lift technique; or, use the modified jaw-thrust maneuver if head, neck or spine injury is suspected. Simultaneously checked for breathing and pulse for no more than 10 seconds.	2	0
	b. Performed a pulse check by locating the carotid pulse (using 2 or more fingers and sliding the fingers into the groove between the trachea and the muscles at the side of the neck). * Judge states, "Not breathing" OR "Not breathing normally" AND "No pulse".	2	0
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

Skill II: Adult BLS/CPR with AED (con't) – Items Evaluated		Possible	Awarded
g.	Provided chest compressions at a rate of 100 – 120/min, delivering 30 compressions in 15 to 18 seconds.	2 0	
h.	Compressions performed at a depth of at least 2 inches (5 cm).	2 0	
i.	Counted compressions aloud.	2 0	
j.	At the end of each compression, allowed the chest to recoil.	2 0	
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 the mask on the patient's face.		
a.	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	
b.	Placed the thumb of the other 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 performing a head tilt-chin lift to open airway.	2 0	
d.	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	
e.	Simulated breath by stating "Breath, Breath". (Verbalized breaths are for 1 second each while observing for chest rise.)	2 0	
10.	Continued cycles of 30 compressions and 2 simulated breaths with minimal interruptions until * Judge states, "AED has arrived". Competitor provided AED by the judge.	2 0	
11.	Opened case and powered on AED.	2 0	
12.	Peeled backing away from the AED pads and attached to patient's bare chest following the placement diagrams on the pad.	2 0	
13.	Attached the AED connecting cables if not preconnected.	2 0	
14.	Cleared patient and allowed AED to analyze.	2 0	
15.	If AED advised a shockable rhythm, cleared patient again by looking and loudly stating, "all clear" and delivered shock.	2 0	
16.	If no shock is advised, or immediately after any shock is delivered, resumed CPR beginning with chest compressions. * Judge states, "EMS has arrived and has taken over care of the patient".	2 0	
17.	Used appropriate verbal and nonverbal communication with patient and other personnel.	2 0	
18.	Gave information about patient to EMS rescuers (<i>judge</i>).	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 alcohol based hand-rub for hand hygiene.	2 0	
TOTAL POINTS - SKILL II 70% Mastery for Skill II = 53.2		76	

Life Support Skills

Section # _____ Division: _____ SS

Competitor # _____ Judge's Signature _____

* This skill involves a single health provider in a remote location. The rescuer has access to first aid kit and cell phone, but there is no AED available.

Skill III: Infant BLS/CPR (Time: 6 minutes)		Possible	Awarded
1.	Verified scene safe and identified which resource being used (ARC or AHA).	2	0
2.	Opened first aid kit and put on PPE.	2	0
3.	Determined unresponsiveness (tapping heel) & shouting for help. * Judge states, "Patient is not responsive."	2	0
4.	Shouted for help. * Judge states, "There is no response and AED is not available."	2	0
5.	Checked to see if the patient has normal breathing and a pulse for no less than 5 and no more than 10 seconds. (AHA) a. Checked for breathing by scanning the patient's chest for rise and fall. OR (ARC) a. 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). * 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
	(AHA) c. Used thumb-encircling hands by placing fingers or thumbs in the center of the infant's chest just below the nipple line on the lower half of the breastbone. OR (ARC) c. Used 2-finger technique or thumb-encircling hands	2	0
	d. Provided compressions at least 1/3 the depth of the chest or 1 1/2 inches (4 cm) at a rate of 100-120/min, delivering 30 compressions in 15 to 18 seconds.	2	0
	e. Counted compressions aloud.	2	0
	f. At the end of each compression, allowed the chest to recoil.	2	0
7.	Initial Breaths		
	a. Placed the 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. Simulated breath by stating "Breath, Breath".	2	0

Skill III: Infant BLS/CPR (con't) - Items Evaluated		Possible	Awarded
8.	Continued cycles of 30 compressions and 2 simulated breaths with minimal interruptions for two minutes <i>* Judge states, "no response after two minutes"</i>	2 0	
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 minimal interruptions until EMS arrives. <i>* Judge states, "EMS has arrived and has taken over care of the patient".</i>	2 0	
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	

LIFE SUPPORT SKILLS

Section # _____ Division: _____ SS _____ PS/Collegiate

Team # _____ Judge's Signature _____

Note: The patient has an epinephrine pen with them.

Skill IV: Administer Epinephrine Pen		Awarded	
1.	Verified scene safety.	2	0
2.	Opened first aid kit and put on PPE.	2	0
3.	Checked for responsiveness and breathing. Judge states, "patient is responsive 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.) * Judge states, "the patient has been exposed to an allergen and has an epinephrine pen with them and requires help with administration".	2	0
6.	Instructed bystander (judge) to contact Emergency Medical Services (judge).	2	0
7.	Looked for medical information jewelry.	2	0
8.	Obtained epinephrine pen from patient.	2	0
9.	Read instructions on pen to determine how long injector is held in place.	2	0
10.	Held the epinephrine pen in fist.	2	0
11.	Removed safety cap.	2	0
12.	Held leg firmly in place.	2	0
13.	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
14.	Held the injector in place for recommended time per manufacturer's instructions (found on side of the ejector).	2	0
15.	Pulled the pen straight out, making sure they do not touch the end that was pressed to the skin.	2	0
16.	Instructed patient to rub for 10 seconds; OR rubbed site for 10 seconds if patient is unable to.	2	0
17.	Verbalized the time of the injection.	2	0
18.	Assess any change in status. *Judge states, "symptoms have improved" OR "EMS has arrived and has taken over care of the patient."	2	0
19.	Gave the used autoinjector to EMS (judge) for proper disposal.	2	0
20.	Used appropriate verbal and nonverbal communication with patient and other personnel.	2	0
21.	Gave information about patient to EMS rescuers (judge) including time of injection.	4	0
22.	Removed gloves properly without touching the outside of the gloves with bare hands.	2	0
23.	Placed disposable PPE in a biohazard receptacle.	2	0
24.	Used alcohol based hand-rub for hand hygiene.	2	0
TOTAL POINTS – SKILL IV		50	
70% Mastery for Skill IV = 35			

LIFE SUPPORT SKILLS

Section # _____ Division: _____ SS
 Competitor # _____ Judge's Signature _____

Skill V: Severe Bleeding (leg or arm) and Shock (Time: 5 minutes)		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.	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:	2 0	
a.	firm		
b.	steady	2 0	
c.	constant	2 0	
~ Judge states, "Wound is still bleeding and EMS has been delayed". Applied tourniquet (<i>use of manikin arm or pool noodle to demonstrate application of tourniquet</i>).		-	
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	

Skill V: Severe Bleeding (leg or arm) and Shock (con't) - Items Evaluated		Possible		Awarded
12.	Treated patient for shock a. Helped the patient lie on their back.	2	0	
	b. Covered the patient to keep them warm. Judge states, "EMS has arrived".	2	0	
13.	Used appropriate verbal and nonverbal communication with patient and other personnel.	2	0	
14.	Gave information about 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		

LIFE SUPPORT SKILLS

Section # _____ Division: _____ SS
 Competitor # _____ Judge's Signature _____
 * *The patient will be sitting or standing and is NOT pregnant or very large.*

Skill VI-A: Choking – American Red Cross (ARC) (Time: 3 minutes)		Possible	Awarded
1.	Identified which resource being used (ARC or AHA) and observed a patient with signs of severe airway obstruction. (Verbalized, for the judges, the signs of severe airway obstruction that were observed.)	2 0	
2.	Asked the patient if he or she is choking. Asked “can I help you?” <i>* Patient nods head yes but cannot talk.</i>	2 0	
3.	Deliver 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, give 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 the navel and well below the breastbone.	2 0	
7.	Alternated 5 back blows with 5 abdominal thrusts. <i>* Judge states, “Object is expelled.”</i>	2 0	
8.	Instructed patient to seek immediate medical attention.	2 0	
Summary Steps			
9.	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 VI = 15.4		22	

LIFE SUPPORT SKILLS

Section # _____ Division: _____ SS
 Competitor # _____ Judge's Signature _____
 * *The patient will be sitting or standing and is NOT pregnant or very large.*

Skill VI-B: Choking American Heart Association (AHA) (Time: 3 minutes)		Possible	Awarded
1.	Identified which resource being used (ARC or AHA) and observed a patient with signs of severe airway obstruction. (Verbalized, for the judges, the signs of severe airway obstruction that were observed.)	2 0	
2.	Asked the patient if he or she is choking. Asked "can I help you"? * <i>Patient nods head yes but cannot talk.</i>	2 0	
3.	Stood or kneeled behind the patient and wrapped arms around the patient's waist	2 0	
4.	Made a fist with one hand.	2 0	
5.	Placed the thumb side of fist against the patient's abdomen, in the midline, slightly above the navel and well below the breastbone.	2 0	
6.	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.)	3 0	
7.	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>	3 0	
8.	Instructed patient to seek immediate medical attention.	2 0	
Summary Steps			
9.	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 VI = 15.4		22	

Life Support Skills

Section # _____
Competitor # _____

Division: _____ SS
Judge's Signature _____

Skill VII: Open Fracture and Splinting (6 minutes)		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.	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.	Found object that can be used to prevent arm or leg from moving (rolled up towels, magazine, pieces of wood).	1 0	
9.	Covered broken skin with clean or sterile cloth.	2 0	
10.	Applied splint.	2 0	
	a. Splint supported the joint above and below the injury.	2 0	
	b. Splint was longer than the injured area.	2 0	
	c. Secured the splint to the injured body part so that it supported the injured area using tape, gauze or cloth to secure it. If hard splint is used padded the splint.	2 0	
11.	Checked to be sure the splint was not too tight by putting two fingers between the splint and injured body part.	2 0	
12.	Encouraged patient to keep the limb still. <i>* Judge states, "The EMS has arrived."</i>	1 0	
13.	Used appropriate verbal and nonverbal communication with patient and other personnel.	2 0	
14.	Gave information about 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 VII 70% Mastery for Skill VII = 29.4		42	

LIFE SUPPORT SKILLS

Section # _____ Division: _____ SS

Competitor # _____ Judge's Signature _____

Skill VIII: Heat-Related Emergency (Time: 5 minutes)		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.	Called Emergency Medical Services and stated:		
	a. Caller's name, location and phone number.	2 0	
	b. Situation, number and condition of patient	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. <i>If heat exhaustion move to step 10; if heat stroke skip to step 11.</i>	4 0	
10.	HEAT EXHAUSTION		
	a. Moved the patient to a cool area (if possible).	2 0	
	b. Helped the patient lie down.	2 0	
	c. Removed as much of the patient's clothing as possible.	2 0	
	d. Cooled the patient with cool water spray. (If not available - Placed cool, wet 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 (4oz every 15min) <i>*Judge states, "EMS has arrived".</i>	2 0	
11.	HEAT STROKE		
	a. Immediately moved patient to cool area (if possible).	2 0	
	b. Removed excessive clothing.	2 0	
	c. Reminded patient to limit their physical activity.	2 0	
	d. Placed in cool water up to their neck. (if not possible, spray with cool water)	2 0	
	e. Observed patient for signs of unresponsiveness or not breathing normally and initiated CPR if indicated. <i>*Judge states, "EMS has arrived".</i>	2 0	

Skill VIII: Heat-Related Emergency (con't) – Items Evaluated		Possible	Awarded
Summary Steps			
12.	Used appropriate verbal and nonverbal communication with patient and other personnel.	2 0	
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		46	
70% Mastery for Skill VIII = 32.2			

LIFE SUPPORT SKILLS

Section # _____ Division: _____ SS
 Competitor # _____ Judge's Signature _____

Skill IX: Severe Burn (6 minutes)		Possible	Awarded
1.	Verified scene safety and identified which resource being used (ARC or AHA).	2 0	
2.	Opened first aid kit and put on PPE.	2 0	
3.	Checked for responsiveness and breathing.	2 0	
4.	Introduced self and asked for permission to help. <i>* Patient consents to treatment.</i>	2 0	
5.	Quickly assessed the situation. (Asked what happened, noted burn.)	2 0	
6.	Looked for medical information jewelry.	2 0	
7.	Called Emergency Medical Services and stated:		
a.	Caller's name, location and phone number.	2 0	
b.	Situation, number and condition of both patient(s)	2 0	
c.	Hung up when instructed to by dispatcher. (Verbalized that dispatcher told them it is OK to hang up.)	2 0	
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	
b.	Carefully removed jewelry and clothing that is not stuck to the skin. Did NOT attempt to remove any particles of clothing stuck to burned area. <i>* Judge states, "Burn has been cooled for 10 minutes".</i>	2 0	
(AHA) c.	Covered burn with dry, nonstick, sterile or clean dressing OR		
(ARC) c.	Verbalized would not cover burn, unless EMS is delayed. <i>* Judge states, "Patient's skin is grayish, cold and clammy."</i>	2 0	
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. <i>* Judge states, "EMS has arrived".</i>	2 0	
Summary Steps			
10.	Used appropriate verbal and nonverbal communication with patient and other personnel.	2 0	
11.	Gave information about patient to EMS rescuers (judge).	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 = 28		40	

LIFE SUPPORT SKILLS

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

Note: The patient is responsive and breathing.

Skill X: Administer Naloxone (Nasal Spray NARCAN)		Awarded
1. Verified scene safety.	2 0	
2. Opened first aid kit and put on PPE.	2 0	
3. Checked for responsiveness and breathing. Judge states, "patient is responsive and breathing".	2 0	
4. Introduced self and asked for permission to help. <i>* Patient consents to treatment.</i>	2 0	
5. Instructed bystander (judge) to contact Emergency Medical Services (judge).	2 0	
6. Verbalized for judges patient assessment looking for signs of opioid overdose:	2 0	
a. Responsive but experiencing altered state of consciousness or drowsiness.	2 0	
b. Choking or gurgling sounds.	2 0	
c. Small, constricted pupils.	2 0	
d. Blue skin, lips or nails. *Judge states, "There is evidence of opioid usage". Judge provides competitor with Naloxone (Nasal Spray NARCAN).	2 0	
7. Obtained Naloxone and administered:	2 0	
a. Peeled the package back to remove the device.	2 0	
b. Held the device with thumb on the bottom of the plunger and two fingers on the nozzle.	2 0	
c. Placed and held the tip of the nozzle in either nostril until fingers touched the bottom of the patient's nose.	2 0	
d. Pressed the plunger firmly to release the dose into the patient's nose.	2 0	
8. Continued to assess responsiveness and breathing.	2 0	
9. Used appropriate verbal and nonverbal communication with patient and other personnel.	2 0	
10. Gave information about patient to EMS rescuers (judge) including time of naloxone delivery.	4 0	
11. Removed gloves properly without touching the outside of the gloves with bare hands.	2 0	
12. Placed disposable PPE in a biohazard receptacle.	2 0	
13. Used alcohol based hand-rub for hand hygiene.	2 0	
TOTAL POINTS – SKILL X	40	
70% Mastery for Skill X = 28		