

Life Threatening Situations



New for 2023 – 2024

Skill events now require attire appropriate to the occupational area be worn for Round 2.

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.

11.14.23 Skill III: Position the Unconscious Injured time limit is 5 minutes.

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 testing. Round 2 skill events require attire appropriate to the occupational area be worn. Bonus points will be awarded for [proper dress](#).

Competitors Must Provide:

- ☐ [Photo ID](#)
- ☐ Two #2 lead pencils (not mechanical) with eraser for both rounds
- ☐ Sterile Gauze Squares (10)
- ☐ Disposable non-latex gloves (2 pairs)
- ☐ Tourniquet - HOSA will provide a tourniquet, OR the competitor has the option of providing their own tourniquet.

General Rules

1. Competitors in this event must be active members of HOSA-Future Health Professionals in good standing.
2. **Eligible Divisions:** Middle School ONLY (in grades 6-8 during the 2023-2024 school year) 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 \(GRR\)](#)."
 - A. Per the [GRRs](#) and [Appendix H](#), HOSA members may request accommodation in any competitive event. To learn the definition of an accommodation, please read [Appendix H](#). To request accommodation for the International Leadership Conference, [submit the request form here](#) by May 15 at midnight EST.

- B. To request accommodation for any regional/area or state level conferences, submit the request form [here](#) by your state published deadline. Accommodations must first be done at state in order to be considered for ILC.

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 the written test and skill ratings sheets:
6. <https://community.fema.gov/until-help-arrives>
7. [First Aid for Severe Trauma \(FAST\). American Red Cross. Red Cross Store](#)
8. Hazard Information Sheets. www.ready.gov

ROUND ONE: The Test

9. [Test Instructions](#): There will be a maximum of **60 minutes** to complete the test-
10. **Time Remaining Announcements**: There will be NO verbal announcements for time remaining during ILC testing. All ILC testing will be completed in the Testing Center and competitors are responsible for monitoring their own time.
11. 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.

12. Written Test Plan

- Stop the Bleed.....25%
- Maintaining Safety10%
- Calling 91110%
- Provide Comfort10%
- Position the Injured5%
- Communication in Emergency Situations.....5%
- Violent Situations.....5%
- Emergency Preparedness
- Be Informed10%
- Plan Ahead10%
- Take Action10%

13. Sample Round One Test Questions

1. To help a person who has sustained critical injuries, what is the first action?
(*Until Help Arrives*)
- 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
2. To stay safe during an earthquake, which of the following actions should be taken?
(Hazard Information Sheets www.ready.gov)
- A. Drop, cover and hold on**
 - B. Run and hide
 - C. Stay outside and call for help
 - D. Seek shelter with neighbors

3. Which of the following statements best describes the use of direct pressure to stop bleeding? (*FAST*)
- 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

ROUND TWO: Skill Assessment

14. 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 |
15. 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.)
16. 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

17. The test score from Round One will be used to qualify the competitor for Round Two, and will be used as part of the final score.
18. 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.
19. In case of a tie, the highest test score will be used to determine the rank.

Life Threatening Situations

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

Skill I: Calling 911 (5 minutes)		Possible	Awarded
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.		
	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 them it is OK to hang up.)	2 0	
6.	Used appropriate verbal and nonverbal communication with patient and other personnel.	2 0	
TOTAL POINTS - SKILL I		20	
70% Mastery for Skill I = 14			

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Skill II: Stop the Bleed (Extremity)		(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 patient if grave danger is evident and verbalized danger.	2	0		
4.	Verified emergency situation required 911 call.	2	0		
5.	Instructed another person to call 911 (<i>scenario indicates another person is present</i>).	2	0		
6.	Verbalized to judge the identified source of bleeding.	2	0		
7.	Applied disposable gloves.	2	0		
8.	Applied direct pressure to the source of the bleeding using gauze pads.	2	0		
9.	Maintained firm, steady pressure on the source of the bleeding until EMS arrives.	2	0		
10.	If injured person complains of pain, explained that firm pressure is required due to the amount of blood loss.	2	0		
*Judge will provide instructions regarding if direct pressure is controlling bleeding or if a tourniquet is available and indicated, per judge script. (if bleeding is controlled skip to #12).		-			
11.	If bleeding is so severe that bleeding is not stopped and a tourniquet is available, applied the tourniquet:	4	0		
	a. Placed the tourniquet only on the correct arm or leg.	2	0		
	b. Placed the tourniquet on the arm or leg, 2 to 3 inches above the wound, between the wound and the heart.	2	0		
	c. Attached the buckle or pass the end of the strap through the buckle.	2	0		
	d. Pulled the free end of the strap until the tourniquet is as tight as possible around the arm or leg.	2	0		
	e. Securely fastened the strap back onto itself using the hook-and-loop fastener, if present.	2	0		
	f. Twisted the rod until bleeding stops or until you cannot twist the rod.	2	0		
	g. If patient complains of pain, provided reassurance and informed them of the need for additional pressure to control bleeding.	2	0		
	h. Clipped the rod in place to prevent the rod from untwisting and to keep the tourniquet tight.	2	0		
*Judge states, "Bleeding is controlled".		-			
	i. Left tourniquet in place until EMS arrived.	2	0		
12.	Allowed patient to assume position that is most comfortable for them.	2	0		
*Judge states, "EMS has arrived".		-			
13.	Demonstrated close looped communication in role of sender.	2	0		
	a. Spoke clearly.	2	0		
	b. Clearly identified the intended receiver.	2	0		
	c. Made eye contact with the receiver.	2	0		
	d. Pointed at the receiver to make clear who the sender is speaking to.	2	0		

Skill II: Stop the Bleed (Extremity) (con't) - Items Evaluated		Possible		Awarded
	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	
14.	Used appropriate verbal and nonverbal communication with patient and other personnel.	2	0	
15.	Removed gloves appropriately without touching outside of gloves with bare hands.	2	0	
16.	Disposed of gloves properly.	2	0	
17.	Washed hands or used alcohol-based handrub for hand hygiene.	2	0	
TOTAL POINTS - SKILL II				
Without Tourniquet				
70% Mastery for Skill II Without Tourniquet - 30.8		44		
With Tourniquet				
70% Mastery for Skill II With Tourniquet – 44.8		64		

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 Competitor # _____ Judge's Signature _____

Skill III: Position the Unconscious Injured (5 minutes)		Possible	Awarded
1.	Verbalized that 911 has been called and bleeding has been resolved.	2 0	
2.	Placed the unconscious injured patient 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.	Used appropriate verbal and nonverbal communication with patient and other personnel.	2 0	
10.	Remained with patient until EMS arrived.	2 0	
TOTAL POINTS - SKILL III		20	
70% Mastery for Skill III = 14			

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 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.*

Skill IV: Response to Violent Situation (5 minutes)		Possible	Awarded
1.	Identified the violent situation response based on provided scenario (active shooter). a. Verbalized the best response (<i>run, hide or fight</i>) 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 (<i>Did not try to move injured person</i>)	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 (<i>verbalized covered windows if present</i>).	4 0	
	b. Blocked the entry to the hiding place and locked the door.	4 0	
	c. 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	
TOTAL POINTS - SKILL IV 70% Mastery for Skill IV = 15.4		22	