Life-Threatening Situations

Event Category: Emergency Preparedness

Eligible Divisions: Middle School	**Round One:** 35 Q test (60 minutes)	**Digital Upload:** NO
Solo Event: 1 competitor	**Round Two:** Skill(s) assessment	

New for 2026-2027

Editorial changes have been made.

Event Summary

Life-Threatening Situations enable **middle school members** to acquire the knowledge and skills necessary to handle emergencies until trained assistance arrives. This competitive event consists of two 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.

General Event Information

General Rules	Competitors must be familiar with and adhere to the General Rules and Regulations.
Dress Code	Proper business attire or official HOSA uniform. Bonus points will be awarded for proper dress. ● Round One: Proper business attire, official HOSA uniform, or attire appropriate to the occupational area. ● Round Two: Attire appropriate to the occupational area.
Competitors Must Provide	● Photo ID for both rounds ● Two #2 lead pencils (not mechanical) with an eraser for test ● Neon colored foam earplugs, NOT earbuds, for noise control (Rd1-optional) ● Sterile gauze squares (10-Rd2) ● Disposable non-latex gloves (2 pairs-Rd2) ● Tourniquet- HOSA will provide a tourniquet, OR the competitor can provide their own (Rd2) HOSA Conference Staff will provide equipment and supplies listed in Appendix I.
Official References	The references below are used in the development of the test questions and skill rating sheets: ● Until Help Arrives pdf ● *First Aid for Severe Trauma (FAST).* American Red Cross. Red Cross Store ● Hazard Information Sheets. www.ready.gov

ROUND ONE- Test

Test Instructions	All competitors will be given a test and test answer sheet. The written test will consist of 35 multiple-choice items in a maximum of 60 minutes. See test instructions here.
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.

The expectation is that competitors read and are aware of all the content within these guidelines and associated links. Successful competitors will study all links for the detailed information.

Written Test Plan	The test plan for Life-Threatening Situations is: ● Stop the Bleed- 25% ● Maintaining Safety- 10% ● Calling 911- 10% ● Provide Comfort- 10% ● Position the Injured- 5% ● Communication in Emergency Situations- 5% ● Violent Situations- 5% ● Emergency Preparedness- o Be Informed- 10% o Plan Ahead- 10% o Take Action- 10%
Sample 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? (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

1. The top competitors from Round One will advance to Round Two. The number of advancing competitors will be determined by the scores obtained in Round One and the space and time available for Round Two. Round Two finalists will be announced on-site at ILC per the conference agenda.

2. Round Two is a selected skill(s) assessment. The skills approved for this event are:

Skill I: Call 911	**5 minutes**
Skill II: Stop the Bleed (Extremity)	**7 minutes**
Skill III: Position the Unconscious Injured	**3 minutes**
Skill IV: Response to Violent situation	**5 minutes**

3. For all skills, body fluids will be simulated products.

4. The selected skill(s) will be presented to competitors as a written scenario at the beginning of the round. The scenario will be the same for each competitor. Some scenarios may involve the combination of multiple skills. In the event rating sheets are combined, it is not necessary to repeat a task a second

time. An example would be that competitors would not need to identify the patient twice. A sample scenario is available here.
5. Timing will begin when the scenario is presented to the competitors and will be stopped at the end of the time allowed. 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.
6. Competitors must complete all skill steps listed in the guidelines, even if the steps must be simulated/verbalized. (If the equipment is available, the competitors would complete all skill steps as the scenario warrants. The competitors will simulate/verbalize the steps if the equipment is unavailable.)
7. 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.
8. Competitors must use all equipment correctly and safely. Judges will stop a student and not award points for a step if they see a competitor is about to cause a risk of harm or about to damage equipment or other supplies.

Final Scoring

1. The competitor must earn a score of 70% or higher on the combined skill(s) in Round Two-Skill Assessment in order to be recognized as an award winner at the ILC.

2. The final rank is determined by adding the round one test score plus the round two skill score. In the event of a tie, the highest test score will be used to determine the final placement.

Life-Threatening Situations

Skill I: Calling 911

Time: 5 minutes

Competitor #:_____ **Division:** Middle School **Judge's Signature:**_____

	Skill I: Calling 911	Possible	Awarded
1	Verified emergency situation required 911 call.	**2 0**	
2.	Simulated 911call (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 the 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 the injured person and other personnel.	**2 0**	
	Total Points- Skill I: 70% Mastery for Skill I: 14	**20**	

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Life-Threatening Situations

Skill II: Stop the Bleed (Extremity)

Time: 7 minutes

Competitor #:_____ **Division:** Middle School **Judge's Signature:**_____

	Skill II: Stop the Bleed (Extremity)	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 injured person 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 (*scenario indicates another person is present*).	**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 or tourniquet is applied.	**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: a. Placed the tourniquet only on the correct arm or leg.	**4 0**	
	b. Placed the tourniquet 2 to 3 inches above the wound, between the wound and the heart.	**2 0**	
	c. Attached the buckle or passed 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 the bleeding stops or until you cannot twist the rod.	**2 0**	
	g. If the injured person complains of pain, provided reassurance and informed them of the need for additional pressure to control bleeding.	**2 0**	

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Skill II: Continued...		Possible	Awarded
	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 injured person to assume position that is most comfortable for them.	2 0	
	***Judge states, "EMS has arrived."**		
13.	Demonstrated close-looped communication in the role of the sender. 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	
	e. Used the receiver's name if known or identified receiver in some way.	2 0	
	f. Looked and listened for feedback from the 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 the injured person and other personnel.	2 0	
15.	Removed gloves appropriately without touching the outside of the 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**	
	Total Points- Skill II WITH Tourniquet: 70% Mastery for Skill II WITH Tourniquet: 44.8:	**64**	

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Life-Threatening Situations

Skill III: Position the Unconscious Injured

Time: 3 minutes

Competitor #:_____ **Division:** Middle School **Judge's Signature:**_____

	Skill III: Position the Unconscious Injured	**Possible**	**Awarded**
1	Verbalized that 911 has been called and bleeding has been resolved.	**2 0**	
2.	Placed the unconscious injured person 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 the top arm while minimizing movement of the 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 the person until EMS arrived.	**2 0**	
	Total Points- Skill III: 70% Mastery for Skill III: 14	**20**	

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Skill IV: Response to Violent Situation

Time: 5 minutes

Competitor #:_____ **Division:** Middle School **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 set up with props to allow competitors to act out the appropriate response to the scenario.*

	Skill IV: Response to Violent Situation	Possible	Awarded
1.	Identified the violent situation response based on the provided scenario (ie: active shooter). 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 steps #2,#3, OR #4, acting out and verbalizing the steps for the judge.			
2.	**RUN-** a. If clear escape route is evident, verbalize 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**	
	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 a 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**	

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