

FIRST AID/CPR NYS



PURPOSE

To evaluate each contestant's ability to react positively in simulated situations demanding First Aid and CPR intervention and to recognize excellence and professionalism in the career and technical student's first aid skills.

CLOTHING REQUIREMENT

Official school clinical uniform with identification removed/concealed, white socks or skin-tone seamless hose and health professional's white leather work shoes. Shoes must be "all-white" leather (no canvas), completely enclosed (no open toe or open heel). Athletic style shoes that meet the aforementioned criteria are acceptable.

Note: Contestants must wear their contest clothing to the contest orientation meeting.

ELIGIBILITY

Open to all SkillsUSA members enrolled in a health care related program.

EQUIPMENT AND MATERIALS

1. Supplied by the NY Chair/committee:
 - a. All information needed to react to scenarios
 - b. Supplies commonly found in the situation(s) described
2. Supplied by the contestant:
 - a. Approved certifications in CPR/AED and First Aid from any of the following organizations the American Red Cross, American Heart Association, American Health and Safety Institute or the National Safety Council

- b. Competitors may bring their own face mask.
- c. All competitors must create a one-page résumé and submit a hard copy to the technical committee chair at orientation. Failure to do so will result in a 10-point penalty
- d. Safety Form is to be turned in at orientation meeting Thurs. night.

Note: Your contest may also require a hard copy of your résumé as part of the actual contest. Check the Contest Guidelines and/or the updates page on the NYS SkillsUSA Web site:

<http://www.nysskillsusa.org/>

Note: No textbooks are allowed in the testing area.

OBSERVER RULE

Observers will be allowed to view the scenarios as the contestants participate, provided there is space available. Talking or gesturing by the observers may result in disqualification of the contestant. Observers will not be permitted to communicate with contestants in the holding/assembly area.

SCOPE OF THE CONTEST

Knowledge Performance

There will be one written knowledge test. Maximum points for the written knowledge test will be 12 percent of the total score.

Skill Performance

All skills demonstrated will be based on nationally accepted standards as identified by the American Red Cross, American Heart Association, National Safety Council and American Safety and Health Institute.

Contest Guidelines

Contestants will demonstrate their ability to perform procedures or take appropriate action based on scenarios presented related to those listed in the Standards and Competencies.

Standards and Competencies

CPR 1.0 — Contestants will demonstrate competency to proficiently perform procedures or take appropriate action based on scenarios presented related to the following topic areas:

CPR 2.0 — CPR with AED for Adult

2.1 Demonstrate skills in performing CPR with AED including two-man system

CPR 3.0 — CPR for Child

3.1 Demonstrate skills in performing CPR for child

CPR 4.0 — CPR for Infant

4.1 Demonstrate skills in performing CPR for infant

CPR 5.0 — Choking Victim: Conscious/Unconscious Adult

5.1 Demonstrate skills in performing choking emergencies for conscious/unconscious adult

CPR 6.0 — Choking Victim: Conscious/Unconscious Child

6.1 Demonstrate skills in performing choking emergencies for conscious/unconscious child

CPR 7.0 — Choking Victim: Conscious/Unconscious Infant

7.1 Demonstrate skills in performing choking emergencies for conscious/unconscious infant

CPR 8.0 — Sudden Illness: Seizures/Diabetics

8.1 Demonstrate skills in performing interventions and care for seizures/diabetic emergencies

CPR 9.0 — Injuries to Muscles, Bones and Joints (e.g., dislocations; fractures; sprains and strains; head, neck and back injuries)

9.1 Demonstrate care dealing with muscle, bone and joint injuries

CPR 10.0 — Bleeding/Wound Care

10.1 Demonstrate care/control dealing with bleeding/wound care

CPR 11.0 — Burn Care

11.1 Demonstrate care for first-, second- and third-degree burns

Resources

- American Heart Association — BLS for Healthcare Providers and ACLS Courses
- American Red Cross — First Aid/CPR/AED for Professional rescuer
- American Safety and Health Institute — Basic First Aid
- American Safety and Health Institute — CPR/AED two-man system
- National Safety Council — Basic First Aid and CPR/AED
- OSHA National Health and Safety Guidelines

Committee Identified Academic Skills

The technical committee has identified that the following academic skills are embedded in this contest.

Math Skills

None Identified

Science Skills

- Use knowledge of cell theory
- Use knowledge of patterns of cellular organization (cells, tissues, organs, systems)
- Describe basic needs of organisms
- Describe behaviors in animal populations
- Use knowledge of reproduction and transmission of genetic information
- Understand Law of Conservation of Matter and Energy
- Describe and identify physical changes to matter
- Describe characteristics of types of matter based on physical and chemical properties • Use knowledge of physical properties (shape, density, solubility, odor, melting point, boiling point, color)

- Use knowledge of chemical properties (acidity, basicity, combustibility, reactivity)
 - Describe and identify nuclear reactions (products of fusion and fission and the effect of these products on humans and the environment)
 - Predict chemical changes to matter types of reactions, reactants and products; and balance equation
 - Use knowledge of potential and kinetic energy
 - Use knowledge of mechanical, chemical and electrical energy
 - Use knowledge of heat, light and sound energy
 - Use knowledge of speed, velocity and acceleration
 - Use knowledge of Newton's laws of motion
 - Use knowledge of work, force, mechanical advantage, efficiency and power
- Use print, electronic databases and online resources to access information in books and articles

Language Arts Skills

- Provide information in conversations and in group discussions
- Demonstrate use of such verbal communication skills as word choice, pitch, feeling, tone and voice
- Demonstrate use of such nonverbal communication skills as eye contact, posture and gestures using interviewing techniques to gain information
- Demonstrate comprehension of a variety of informational texts
- Use text structures to aid comprehension
- Demonstrate knowledge of appropriate reference materials