**First Aid CPR**

**NYS**

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**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.

**Eligibility**
Open to all active SkillsUSA members enrolled in a healthcare related program.

**Clothing Requirements**

**Healthcare Attire**
- Official school clinical uniform with identification removed/concealed.
- Scrubs should fit appropriately for all health contests and should be properly hemmed and wrinkle free. Only plain, white, collarless T-shirts may be worn underneath the scrubs. Hair must be pinned up and off the collar.
- White socks or skin-tone seamless hose
- Health-professionals white or black leather work shoes
- Shoes must be all-white or black leather (no canvas), completely enclosed (no open-toe or open-heel). Athletic-style shoes that meet the criteria are acceptable.
- Only one stud or small hoop earring in each ear is allowed. No facial piercings are allowed. All visible tattoos (including those on hands, arms, and the neck or chest must be covered.

Jewelry: Only one stud or small hoop in each ear is allowed. No facial or tongue rings are permitted.

All visible tattoos (including those on hands, arms and neck) must be covered.

**Note:** Contestants must wear their official contest clothing to the contest orientation meeting. Also bring #2 pencil, resume and safety assurance form.

**Equipment and Materials**
1. Supplied by the technical committee:
   a. All information needed to react to scenarios
   b. Supplies commonly found in the situation(s) described
2. Supplied by the contestant:
   a. A copy of current certifications at orientation in CPR/AED two-man system 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 should 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. Check the website for further instructions.

**Note:** Your resume may be judged as part of your contest” Check the Contest Guidelines and/or the updates page on the NYS SkillsUSA Website: [http://www.nysskillsusa.org](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% 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

CPR 12.0 — SkillsUSA Framework

The SkillsUSA Framework is used to pinpoint the Essential Elements found in Personal Skills, Workplace Skills, and Technical Skills Grounded in Academics. Students will be expected to display or explain how they used some of these Essential Elements. Please reference the graphic above, as you may be scored on specific elements applied to your project. For more, visit: www.skillsusa.org/about/skillsusa-framework/

Resources
- American Heart Association — for Healthcare Providers and ACLS Courses
- American Red Cross — First Aid/CPR/AED BLS (Basic Life Support)
- 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