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
For this contest, either official school uniform, with identification removed/concealed, along with white or dark socks or skin-toned seamless hose, and appropriate professional footwear OR business-casual clothing (shirt, slacks, socks and shoes) may be worn during your skills session.

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

EQUIPMENT AND MATERIALS
1. List of equipment needed will be supplied to the schools by the Chair.
   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. All competitors must create a one-page résumé and submit a hard copy to the technical committee chair at orientation.

Note: No textbooks or other study materials are allowed in the testing area.

OBSERVER RULE
The only observer allowed in the room will be the one holding the recording device, if necessary (cell phone for example). Otherwise, there will be no one else in the room.

SCOPE OF THE CONTEST

Knowledge Performance
There will be one written knowledge test.

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

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

1 — CPR with AED for Adult
Demonstrate skills in performing CPR with AED for 1 rescuer. Equipment needed: CPR manikin with feedback device (clicker or lights), breathing mask, and AED trainer

2 — CPR for Child
Demonstrate skills in performing CPR with AED for 1 rescuer. Equipment needed: CPR manikin with feedback device (clicker or lights), breathing mask, and AED trainer

3 — CPR for Infant
Demonstrate skills in performing CPR with AED for 1 rescuer. Equipment needed: CPR manikin with feedback device (clicker or lights), breathing mask and AED trainer

4 — Choking Victim: Conscious/Unconscious Adult
Demonstrate skills in performing
choking emergencies for conscious/unconscious adult. Equipment needed: Adult CPR manikin

5 — Choking Victim: Conscious/Unconscious Child
Demonstrate skills in performing choking emergencies for conscious/unconscious child. Equipment needed: Adult or child CPR manikin.

6 — Choking Victim: Conscious/Unconscious Infant

7 — Sudden Illness: Anaphylaxis/Allergic reactions
Demonstrate skills in performing interventions and care for anaphylaxis. Equipment needed: EPI pen trainer (or similar device)

8 — Injuries to Joints
Demonstrate care dealing with injury to joints, such as shoulder, elbow or knee. Equipment needed: triangular bandages, or similar material, or a pre-fabricated sling

9— Injuries to Bones
Demonstrate care dealing with broken bones, such as wrist, forearm or lower leg. Equipment needed: long boards, or similar material, or a pre-fabricated rigid splint

10 — Bleeding/Wound Care
Demonstrate care/control dealing with an arterial bleed/wound care. Equipment needed: bandages, roller gauze, and tourniquet.

You will be asked to demonstrate 4 of these skills. You will be notified of the skills just prior to you being tested, so please have all the materials on hand, ready to be used at that time. Failure to have the proper equipment ready could result in you losing points for failure to complete the station. It is the responsibility of the student/school to make sure all equipment is in ready to go condition.

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