LEVEL UP 2026 - 2027

NYS SkillsUSA

FIRST AID/CPR

PURPOSE

To evaluate each competitor'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 active NYS SkillsUSA members enrolled in a health care and/or first responder/ public safety related program.

CLOTHING REQUIREMENTS

NYS Health Care Attire:

- Official school uniform with identification removed/concealed. Solid white or solid black/navy blue long sleeves must be work under uniform (the building can be cold in the morning). Any unprofessional clothing will be given a penalty. If you have any questions on uniform contact chairperson prior to orientation.
- Shoes must be professional footwear, all enclosed.
- Hair must be pinned up and off the collar. Away from the face and neck. All facial hair must be neat and trim.
- Nails should be cleaned, short and without nail polish., No artificial nails (which can harbor bacteria) no heavy makeup, no heavy body scents
- Jewelry: 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). No facial or tongue rings allowed. A watch with a second hand is allowed no smart watches or apple watches.
- Competitors should exhibit professional appearance and conduct during the contest.

Note: **Competitors must wear their official competition clothing to the competition orientation meeting. PDT test will be given at orientation.**

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 competitor:
   a. **All students MUST HAVE CPR and First Aid certificates. A copy of current certification(s) at orientation in BOTH 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. The BLS CPR does not meet the requirements for first aid.**
   b. Competitors should bring their own face mask.
   c. #2 pencil.
   d. All competitors must create a one-page resume. See "Resume Requirement" below for guidelines.

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

RESUME REQUIREMENT

Competitors must create a one-page resume to submit at orientation along with safety form. It must include name, address, phone, email, career objectives, education (including school name and address and any clubs/achievements done while there. 2 references.

DEVICES

Cell phones, smart glasses or other electronic devices not approved by the NYS Chairperson will be collected by the contest chair during the competition. Chairpersons will announce their acceptance by listing it on their standard or at the orientation meeting. In case of emergencies advisors should allow the competitors to take their phones to the contest areas.

If the competitor uses their device in a manner which compromises the integrity of the competition, the competitor's score may be penalized.

OBSERVER RULE

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

SCOPE OF THE COMPETITION

KNOWLEDGE PERFORMANCE

There will be a written knowledge test. Competitors are required to take the NYS SkillsUSA professional development test at orientation.

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.

COMPETITION GUIDELINES

Competitors 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

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

CPR 1.0 — CPR with AED for Adult
1.1. Demonstrate skills in performing CPR with AED including two-man system

CPR 2.0 — CPR for Child
2.1. Demonstrate skills in performing CPR for child

CPR 3.0 — CPR for Infant
3.1. Demonstrate skills in performing CPR for infant

CPR 4.0 — Choking Victim: Conscious/Unconscious Adult
4.1. Demonstrate skills in performing choking emergencies for conscious/unconscious adult

CPR 5.0 — Choking Victim: Conscious/Unconscious Child
5.1. Demonstrate skills in performing choking emergencies for conscious/unconscious child

CPR6.0—Choking Victim: Conscious/Unconscious Infant

6.1. Demonstrate skills in performing choking emergencies for conscious/unconscious infant

CPR7.0—Suddenillnesses:seizures,diabetic,anaphylaxis,or opiate overdose

7.1 Demonstrate the treatment of medical emergencies, including the administration of medications (glucose, epi pens, and/or Narcan as needed). These are the most common medical emergencies, and they can give those medications for treatments.

CPR 8.0 — Injuries to Muscles, Bones and Joints (e.g., dislocations; fractures; sprains and strains; head, neck, and back injuries)

8.1. Demonstrate care dealing with muscle, bone, and joint injuries. Ability to splint/stabilize any musculoskeletal injury appropriately.

CPR 9.0 — Bleeding/Wound Care

9.1. Demonstrate care/control dealing with bleeding/wound care including the use of a tourniquet.

CPR10.0— BurnCare

10.1. Demonstrate care for first, second and third-degree burns

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



Special Instructions to Contestants

Date submitted: 11/23/2025

Contest Name First Aid/CPR

Chairperson: _____

List any new special instructions for the contestants that are not listed or might be changed from the New York SkillsUSA Technical Standards for 2025. DO NOT list requirements already printed in the NYS standards.

From:

Jewelry: 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). No facial or tongue rings allowed. A watch with a second hand is allowed no smart watches or apple watches.

To:

Jewelry: Only one **noticeable** 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). No facial or tongue rings allowed. A watch with a second hand is allowed no smart watches or apple watches.