

Life Support Skills

Emergency Preparedness Event

Eligible Divisions: Secondary Members	Round 1: Skill demonstration	Digital Upload: NO
Solo Event: 1 competitor	IEP Required	Accommodation Form Required



New for 2025 – 2026

Breaths during CPR will be performed, not simulated. The 10th edition of DHO has been released. Skills have been updated to align with the new edition. A link to American Heart International has been added in the resources. Editorial updates have been made.

Event Summary

Life Support Skills allows HOSA members to gain knowledge and skills required for basic life support. This competitive event consists of evaluating members' performance through a skills assessment. This event aims to inspire members to be proactive future health professionals and be equipped with the skills to provide immediate, life-saving actions in the absence of emergency services. This event is specifically for HOSA members who are classified under IDEA.

Dress Code

Bonus points will be awarded for [proper dress](#).

Competitors are required to wear attire appropriate to the occupational area.

IEP Events

Four (4) events in the HOSA Competitive Event Program are designed for students classified with an IEP. The events are **Interviewing Skills, Personal Care, Life Support Skills, and Speaking Skills**

Participation Eligibility: To participate in these four events, the competitor **MUST** be classified under the provisions of the 2004 reauthorized Individuals with Disabilities Education Act (IDEA). Students classified under Section 504 are **NOT** eligible to compete in this event.

IEP Verification and Accommodation: [This form](#) must be completed by all competitors in these four (4) events to be eligible for ILC competition. [This form](#) also allows the competitor to request accommodations. To learn the definition of an accommodation, please read [Appendix H](#).

Point Deduction: If the competitor does not submit [this form](#) by the May15 deadline, the competitor will be allowed to compete but will receive 35 penalty points. Points will be deducted in Tabulations.

Deadline: The deadline for ILC is May 15, midnight EST. Check with your Local/State Advisor (or state website) to determine regional and/or state conference deadlines.

Competitor Must Provide:

- [Eligibility form](#) (submitted by state deadline per state's process AND digitally submitted for ILC prior to May 15th)
- [Photo ID](#)

General Equipment to be provided by competitors in a first aid kit or bag:

- Cravats (2) (Defined as strips of cloth, triangular bandages folded into strips, roller gauze, or other similar material to tie or anchor splints in place.)
- Bandaging materials as selected by competitor (should include sterile gauze squares, roller bandages, trauma dressing and non-stick sterile dressing)
- Mouth-to-mask device (adult and infant)
- Biohazard bag
- Hand sanitizer
- Cell phone (for simulating 911 call)
- One pair of bandage scissors
- Adhesive tape (2)
- PPE: 4 pair of **nonlatex gloves**,
- Tourniquet HOSA will provide a tourniquet, OR the competitor has the option of providing their own tourniquet.

HOSA Conference Staff will provide equipment and supplies as listed in [Appendix I](#).

General Rules

1. Competitors must be familiar with and adhere to the [General Rules and Regulations](#).
2. HOSA follows the **American Heart Association (AHA) OR the American Red Cross (ARC)** guidelines for healthcare providers. Competitors can choose which organization's protocols to follow. Where steps differ between organizations, the competitor can follow either of the steps (see rubrics). Competitors will notify judges of the organization's protocols they will use before beginning to compete.
3. CPR feedback devices will not be used for ILC competition.

Official References

4. The following references are used in the development of skill rating sheets:
 - a. [American Red Cross. Basic Life Support. Latest edition.](#)
 - b. [American Red Cross. First Aid/CPR/AED. Latest edition.](#)
 - c. [American Heart Association. BLS Provider Manual. Latest Edition.](#)
 - d. [American Heart Association. Heartsaver First Aid. Latest Edition.](#)
 - e. [Simmers, L., Simmers-Nartker, K., Simmers-Kobelak, S., & Morris, L. DHO: Health Science, Cengage Learning, Latest edition.](#)
 - f. [American Heart International](#)

Skills Assessment

5. Each competitor will be evaluated on their selected skill(s) performance. All competitors will be assessed on one of the CPR Skills and one of the first aid skills. The skills will not be combined.

The skills approved for this event are:

CPR Skills

Skill I:	Adult BLS/CPR	6 minutes
Skill II:	Adult BLS with AED	8 minutes
Skill III:	Infant BLS/CPR	6 minutes

First Aid Skills

Skill IV:	Administer Auto-inject Epi Pen	3 minutes
Skill V:	Severe Bleeding	5 minutes
Skill VI - A:	Choking (ARC)	3 minutes
Skill VI - B:	Choking (AHA)	3 minutes
Skill VII:	Open Fracture and Splinting	6 minutes
Skill VIII:	Heat-Related Emergency	5 minutes
Skill IX:	Severe Burn	6 minutes
Skill X:	Administer Naloxone (Nasal Spray NARCAN)	3 minutes

6. The selected skill(s) will be read to the competitor in the form of a written scenario at the start of the skill to be performed. The skill's timing will begin when the section leader finishes reading the scenario to the competitor. Timing will be stopped at the end of the time allowed. A sample scenario can be found [here](#).
7. 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](#).
8. 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 the patient's condition and will be included in the scenario or the judge script.

Final Scoring

9. The competitor must earn a score of 70% or higher on the combined skill(s) of the event to be recognized as an award winner at the ILC.
10. Should a tie occur in the ranking of competitors, the selected skill with the highest possible point value will be used as the tiebreaker; others will be used as necessary in descending order of total point value.
11. If the competitor does not complete the [Eligibility Form](#) by the deadline, then the competitor will be allowed to compete but will receive 35 penalty points. Points will be deducted in Tabulations.

Future Opportunities

Graduating from high school or completing your postsecondary/collegiate program does not mean your HOSA journey has to end. As a HOSA member, you are eligible to become a HOSA Lifetime Alumni Member - a free and valuable opportunity to remain connected, give back, and help to shape the future of the organization. Learn more and sign up at hosa.org/alumni.

LIFE SUPPORT SKILLS

Section # _____ Division: _____ SS _____ PS/Collegiate
 Competitor # _____ Judge's Signature _____

This skill involves a single health provider in a remote location. The rescuer has access to a first aid kit and cell phone, but there is no AED available.

Skill I: Adult BLS/CPR (Time: 6 minutes)		Possible	Awarded
1.	Verified scene safety and identified which resource being used (ARC or AHA).	2 0	
2.	Opened first aid kit and put on PPE.	2 0	
3.	Determined unresponsiveness: tapped or gently shook shoulder, shouted "Are you OK?" * Judge states, "Patient is not responsive."	2 0	
4.	Shouted for nearby help to activate the emergency response system. * Judge states, "AED is not available."	2 0	
5.	Called emergency response system and stated: a. Caller's name, location, and phone number.	2 0	
	b. Situation, number, and condition of patient(s).	2 0	
	c. Hung up when instructed by dispatcher to do so. (Verbalized that dispatcher told them it was ok to hang up).	2 0	
6.	Checked to see if the patient has normal breathing and a pulse for no less than 5 and no more than 10 seconds.	2 0	
(AHA)	a. Checked for breathing by scanning the patient's chest for rise and fall.		
or (ARC)	a. Opened the airway to a past-neutral head position using the head-tilt/chin-lift technique; or, use the modified jaw-thrust maneuver if head, neck, or spine injury is suspected. Simultaneously checked for breathing and pulse for no more than 10 seconds.		
	b. Performed a pulse check by locating the carotid pulse (using 2 or 3 fingers sliding the fingers into the groove between the trachea and the muscles at the side of the neck). * Judge states, "Not breathing." or "Not breathing normally," and "No pulse."	2 0	
7.	Initial Chest Compressions (30) a. Positioned self at the patient's side.	2 0	
	b. Removed bulky clothing from patient's chest or moved bulky clothing out of the way.	2 0	
	c. Made sure patient is lying face up on a firm, flat surface.	2 0	

Skill I: Adult BLS/CPR (con't)		Possible	Awarded
d.	Put the heel of one hand on the center of the patient's chest on the lower half of the breastbone.	2 0	
e.	Put the heel of the other hand on top of the first hand.	2 0	
f.	With arms straight, positioned shoulders directly over hands.	2 0	
g.	Provided chest compressions at a rate of 100 – 120/min, delivering 30 compressions in 15 to 18 seconds.	2 0	
h.	Compressions performed at a depth of at least 2 inches (5 cm).	2 0	
i.	Counted compressions aloud.	2 0	
j.	At the end of each compression, allowed the chest to recoil.	2 0	
8.	Initial Breaths		
a.	Placed the mouth-to-mask device on the patient's face, using the bridge of the nose as a guide for correct position.	2 0	
9.	Sealed mask.		
a.	Used hand closest to the top of the patient's head, placed index finger and thumb along the top edge of the mask.	2 0	
b.	Placed the thumb of other hand along the bottom edge of the mask.	2 0	
c.	Placed the remaining fingers of second hand along the bony margin of the jaw and lifted the jaw performing a head tilt-chin lift to open the airway.	2 0	
d.	While lifting the jaw, pressed firmly and completely around the outside edge of the mask to seal the pocket mask against the face.	2 0	
e.	Delivered two breaths over 1 second each to make the chest rise.	2 0	
10.	Completed 5 cycles (about 2 minutes) of 30 compressions and 2 breaths with minimal interruptions. * Judge states, "EMS has arrived and has taken over care of the patient".	2 0	

Skill I: Adult BLS/CPR (con't)		Possible	Awarded
11.	Used appropriate verbal and nonverbal communication with patient and other personnel.	2 0	
12.	Gave information about patient to EMS rescuers (judges).	4 0	
13.	Removed gloves properly without touching the outside of the gloves with bare hands.	2 0	
14.	Placed disposable PPE in a biohazard receptacle.	2 0	
15.	Used alcohol based hand-rub for hand hygiene.	2 0	
TOTAL POINTS - SKILL I 70% Mastery for Skill I = 43.4		62	

LIFE SUPPORT SKILLS

Section # _____ Division: _____ SS _____ PS/Collegiate
 Competitor # _____ Judge's Signature _____

** This skill involves a single health provider with AED available. The rescuer has access to a first aid kit, cell phone, and AED.*

Skill II: Adult BLS/CPR with AED (Time: 8 minutes)		Possible	Awarded
1.	Verified scene safety and identified which resource being used (ARC or AHA).	2 0	
2.	Opened first aid kit and put on PPE.	2 0	
3.	Determined unresponsiveness: tapped or gently shook shoulder, shouted "Are you OK?" * Judge states, "Patient is not responsive."	2 0	
4.	Shout for nearby help to activate the emergency response system. * Judge states, "AED is available."	2 0	
5.	Called emergency response system and stated: a. Caller's name, location and phone number.	2 0	
	b. Situation, number and condition of patient(s).	2 0	
	c. Hung up when instructed by dispatcher to do so. (Verbalized that dispatcher told them it was ok to hang up).	2 0	
6.	Checked to see if the patient has normal breathing and a pulse for no less than 5 and no more than 10 seconds. (AHA) a. Check for breathing by scanning the patient's chest for rise and fall OR (ARC) a. Opened the airway to a past-neutral head position using the head-tilt/chin-lift technique; or, use the modified jaw-thrust maneuver if head, neck or spine injury is suspected. Simultaneously checked for breathing and pulse for no more than 10 seconds.	2 0	
	b. Performed a pulse check by locating the carotid pulse (using 2 or more fingers and sliding the fingers into the groove between the trachea and the muscles at the side of the neck). * Judge states, "Not breathing" OR "Not breathing normally" AND "No pulse".	2 0	
7.	Initial Chest Compressions (30) a. Positioned self at the patient's side.	2 0	
	b. Removed bulky clothing from patient's chest or moved bulky clothing out of the way.	2 0	
	c. Made sure the patient is lying face up on a firm, flat surface.	2 0	
	d. Put the heel of one hand on the center of the patient's chest on the lower half of the breastbone.	2 0	
	e. Put the heel of the other hand on top of the first hand.	2 0	
	f. With arms straight, positioned shoulders directly over hands.	2 0	

Skill II: Adult BLS/CPR with AED (con't)		Possible	Awarded
g.	Provided chest compressions at a rate of 100 – 120/min, delivering 30 compressions in 15 to 18 seconds.	2	0
h.	Compressions performed at a depth of at least 2 inches (5 cm).	2	0
i.	Counted compressions aloud.	2	0
j.	At the end of each compression, allowed the chest to recoil.	2	0
8.	Initial Breaths		
a.	Placed the mouth-to-mask device on the patient's face, using the bridge of the nose as a guide for correct position.	2	0
9.	Sealed the mask on the patient's face.		
a.	Used the hand that is closer to the top of the patient's head and placed index finger and thumb along the top edge of the mask.	2	0
b.	Placed the thumb of the other hand along the bottom edge of the mask.	2	0
c.	Placed the remaining fingers of the second hand along the bony margin of the jaw and lifted the jaw performing a head tilt-chin lift to open airway.	2	0
d.	While lifting the jaw, pressed firmly and completely around the outside edge of the mask (with the fingers) to seal the mask against the face.	2	0
e.	Delivered two breaths over 1 second each to make the chest rise.	2	0
10.	Continued cycles of 30 compressions and 2 breaths with minimal interruptions.	2	0
*Judge states, "AED has arrived". Competitor provided AED by the judge.			
11.	Opened case and powered on AED.	2	0
12.	Peeled backing away from the AED pads and attached to patient's bare chest following the placement diagrams on the pad.	2	0
13.	Attached the AED connecting cables if not pre-connected.	2	0
14.	Cleared patient and allowed AED to analyze.	2	0
15.	If AED advised a shockable rhythm, cleared patient again by looking and loudly stating, "all clear" and delivered shock.	2	0
16.	If no shock is advised, or immediately after any shock is delivered, resumed CPR beginning with chest compressions.	2	0
* Judge states, "EMS has arrived and has taken over care of the patient".			
17.	Used appropriate verbal and nonverbal communication with patient and other personnel.	2	0
18.	Gave information about patient to EMS rescuers (<i>judge</i>).	4	0
19.	Removed gloves properly without touching the outside of the gloves with bare hands.	2	0
20.	Placed disposable PPE in a biohazard receptacle.	2	0
21.	Used alcohol based hand-rub for hand hygiene.	2	0
TOTAL POINTS - SKILL II		76	
70% Mastery for Skill II = 53.2			

LIFE SUPPORT SKILLS

Section # _____ Division: _____ SS
 Competitor # _____ Judge's Signature _____

* This skill involves a single health provider in a remote location. The rescuer has access to first aid kit and cell phone, but there is no AED available.

Skill III: Infant BLS/CPR (Time: 6 minutes)		Possible	Awarded
1.	Verified scene safe and identified which resource being used (ARC or AHA).	2 0	
2.	Opened first aid kit and put on PPE.	2 0	
3.	Determined unresponsiveness (tapping heel) & shouting for help. * Judge states, "Patient is not responsive."	2 0	
4.	Shouted for help. * Judge states, "There is no response and AED is not available."	2 0	
5.	Checked to see if the patient has normal breathing and a pulse for no less than 5 and no more than 10 seconds. (AHA) a. Checked for breathing by scanning the patient's chest for rise and fall. OR (ARC) a. Placed the infant head in neutral position (avoided hyperextension or placing fingers on the soft tissues under the chin or neck).	2 0	
	b. Performed a pulse check by feeling for brachial pulse (place 2 or 3 fingers on the inside of the upper arm, midway between the infant's elbow & shoulder). * Judge states, "Not breathing" OR "Not breathing normally" AND "no pulse".	2 0	
6.	Initial Chest Compressions (30) a. Positioned self at the patient's side or feet.	2 0	
	b. Made sure patient is lying face-up on a firm, flat surface.	2 0	
(AHA) c.	Used thumb-encircling hands by placing fingers or thumbs in the center of the infant's chest just below the nipple line on the lower half of the breastbone. OR (ARC) c. Used 2-finger technique or thumb-encircling hands	2 0	

Skill III: Infant BLS/CPR (con't)		Possible	Awarded
d.	Provided compressions at least 1/3 the depth of the chest or ½ inches (4 cm) at a rate of 100-120/min, delivering 30 compressions in 15 to 18 seconds.	2	0
e.	Counted compressions aloud.	2	0
f.	At the end of each compression, allowed the chest to recoil.	2	0
7.	Initial Breaths		
a.	Placed the mouth-to-mask device on the patient's face, using the bridge of the nose as a guide for correct position.	2	0
b.	Opened airway adequately by placing the infants head in a neutral position.	2	0
c.	Delivered two breaths over 1 second each to make the chest rise	2	0
8.	Continued cycles of 30 compressions and 2 breaths with minimal interruptions for two minutes <i>* Judge states, "no response after two minutes"</i>	2	0
9.	Called emergency response system and stated:		
a.	Caller's name, location and phone number.	2	0
b.	Situation, number and condition of patient(s).	2	0
c.	Hung up when instructed by dispatcher to do so. (Verbalized that dispatcher told them it was ok to hang up).	2	0
10.	Resumed and continued cycles of 30 chest compressions and 2 breaths with minimal interruptions until EMS arrives. <i>* Judge states, "EMS has arrived and has taken over care of the patient".</i>	2	0
11.	Used appropriate verbal and nonverbal communication with patient and other personnel.	2	0
12.	Gave information about the patient to EMS rescuers (judge).	4	0
13.	Removed gloves properly without touching the outside of the gloves with bare hands.	2	0
14.	Placed disposable PPE in a biohazard receptacle.	2	0
15.	Used alcohol based hand-rub for hand hygiene.	2	0
TOTAL POINTS – SKILL III		52	
70% Mastery for Skill III = 36.4			

LIFE SUPPORT SKILLS

Section # _____ Division: _____ SS _____ PS/Collegiate

Team # _____ Judge's Signature _____

Note: The patient has an auto-inject epi-pen with them. The scenario will include if bystanders are present, and the competitor will have the option of calling 911 or instructing a bystander to do so.

Skill IV: Administer Auto Inject Epi Pen		Possible	Awarded
1.	Verified scene safety.	2 0	
2.	Opened first aid kit and put on PPE.	2 0	
3.	Checked for responsiveness and breathing. Judge states, "patient is responsive and breathing".	2 0	
4.	Introduced self and asked for permission to help. <i>* Patient consents to treatment.</i>	2 0	
5.	Quickly assessed the situation. (Asked what happened.) * Judge states, "the patient has been exposed to an allergen and has an epinephrine pen with them and requires help with administration".	2 0	
6.	Instructed bystander to contact Emergency Medical Services (judge) or contacted Emergency Medical Services themselves.	2 0	
7.	Looked for medical information jewelry.	2 0	
8.	Obtained auto inject Epi Pen from patient.	2 0	
9.	Verified medication and expiration date.	2 0	
10.	Read instructions on EpiPen to determine how long injector is held in place.	2 0	
11.	Held the auto inject Epi Pen in fist.	2 0	
12.	Removed safety cap.	2 0	
13.	Held leg firmly in place.	2 0	
14.	Pressed the tip of the injector hard against the side of the patient's thigh, about halfway between the hip and the knee.	2 0	
15.	Held the injector in place for recommended time per manufacturer's instructions (found on side of the ejector).	2 0	
16.	Pulled the Epi Pen straight out, making sure they do not touch the end that was pressed to the skin.	2 0	
17.	Instructed patient to rub for 10 seconds; OR rubbed site for 10 seconds if patient is unable to	2 0	
18.	Verbalized the time of the injection.	2 0	

Skill IV: Administer Auto Inject EpiPen Cont'd		Possible	Awarded
19.	Assess any change in status. *Judge states, “symptoms have improved” OR “EMS has arrived and has taken over care of the patient.”	2 0	
20.	Gave the used auto-injector to EMS (<i>judge</i>) for proper disposal.	2 0	
21.	Used appropriate verbal and nonverbal communication with patient and other personnel.	2 0	
22.	Gave information about patient to EMS rescuers (<i>judge</i>) including time of injection.	4 0	
23.	Removed gloves properly without touching the outside of the gloves with bare hands.	2 0	
24.	Placed disposable PPE in a biohazard receptacle.	2 0	
25.	Used alcohol based hand-rub for hand hygiene.	2 0	
TOTAL POINTS – SKILL IV 70% Mastery for Skill IV = 36.4		52	

LIFE SUPPORT SKILLS

Section # _____ Division: _____ SS
 Competitor # _____ Judge's Signature _____

Skill V: Severe Bleeding (leg or arm) and Shock (Time: 5 minutes)		Possible	Awarded
1.	Verified scene safety.	2 0	
2.	Opened first aid kit and put on PPE.	2 0	
3.	Checked for responsiveness and breathing.	2 0	
4.	Introduced self and asked for permission to help. * <i>Patient consents to treatment.</i>	2 0	
5.	Quickly assessed the situation. (Asked what happened, noted bleeding.)	2 0	
6.	Looked for medical information jewelry.	2 0	
7.	Called Emergency Medical Services and stated: a. Caller's name, location and phone number.	2 0	
	b. Situation, number and condition of patient(s).	2 0	
	c. Hung up when instructed to by dispatcher. (Verbalized that dispatcher told them it is OK to hang up.)	2 0	
8.	Placed dressing on the bleeding area.	2 0	
9.	Applied direct pressure over the dressing using the heel of hand with the other hand stacked on top of the first.	2 0	
10.	Direct pressure was: a. firm	2 0	
	b. steady	2 0	
	c. constant	2 0	
~ Judge states, "Wound is still bleeding and EMS has been delayed". Applied tourniquet (<i>use of manikin arm or pool noodle to demonstrate application of tourniquet</i>).		-	
11.	Applied tourniquet. a. Applied 2 to 3 inches above the bleeding site on the patient's arm or leg (not on a joint).	2 0	
	b. Pulled the free end of the tourniquet making it as tight as possible and secured it.	2 0	

Skill V: Severe Bleeding (leg or arm) and Shock (con't)		Possible	Awarded
	c. Twisted the windlass as tight as possible until the bleeding stopped.	2 0	
	d. Secured the windlass.	2 0	
	e. Noted the time the tourniquet was applied (this can be verbalized).	2 0	
12.	Treated patient for shock a. Helped the patient lie on their back.	2 0	
	b. Covered the patient to keep them warm. Judge states, "EMS has arrived".	2 0	
13.	Used appropriate verbal and nonverbal communication with patient and other personnel.	2 0	
14.	Gave information about patient to EMS rescuers (judge).	4 0	
15.	Removed gloves properly without touching the outside of the gloves with bare hands.	2 0	
16.	Placed disposable PPE in a biohazard receptacle.	2 0	
17.	Used alcohol based hand-rub for hand hygiene.	2 0	
TOTAL POINTS - SKILL V 70% Mastery for Skill V = 37.8		54	

LIFE SUPPORT SKILLS

Section # _____ Division: _____ SS
 Competitor # _____ Judge's Signature _____

* The patient will be sitting or standing and is NOT pregnant or very large.

Skill VI-A: Choking – American Red Cross (ARC) (Time: 3 minutes)		Possible	Awarded
1.	Identified which resource being used (ARC or AHA) and observed a patient with signs of severe airway obstruction. (Verbalized, for the judges, the signs of severe airway obstruction that were observed.)	2 0	
2.	Asked the patient if they are choking. Asked “can I help you”? * Patient nods head yes but cannot talk.	2 0	
3.	Delivered simulated back blows a. Positioned self to the side and slightly behind the patient.	1 0	
	b. Provided support by placing one arm diagonally across the patient's chest.	1 0	
	c. Bent the patient forward at the waist so the upper body is as close to parallel with the ground as possible.	1 0	
	d. Using the heel of the hand, gave 5 firm back blows between scapulae; made each blow a separate and distinct attempt to dislodge the object.	1 0	
4.	Stood or kneeled behind the patient and wrapped arms around the patient's waist	2 0	
5.	Made a fist with one hand.	2 0	
6.	Placed the thumb side of fist against the patient's abdomen, in the midline, slightly above the navel and well below the breastbone.	2 0	
7.	Alternated 5 back blows with 5 abdominal thrusts (simulated). * Judge states, “Object is expelled.”	2 0	
8.	Instructed the patient to seek immediate medical attention.	2 0	
Summary Steps			
9.	Used appropriate verbal and nonverbal communication with patient and other personnel.	2 0	
10.	Used alcohol based hand-rub for hand hygiene.	2 0	
TOTAL POINTS - SKILL VI 70% Mastery for Skill VI = 15.4		22	

LIFE SUPPORT SKILLS

Section # _____ Division: _____ SS
 Competitor # _____ Judge's Signature _____

* The patient will be sitting or standing and is NOT pregnant or very large.

Skill VI-B: Choking American Heart Association (AHA) (Time: 3 minutes)		Possible	Awarded
1.	Identified which resource being used (ARC or AHA) and observed a patient with signs of severe airway obstruction. (Verbalized, for the judges, the signs of severe airway obstruction that were observed.)	2 0	
2.	Asked the patient if they are choking. Asked "can I help you"? * Patient nods head yes but cannot talk.	2 0	
3.	Stood or kneeled behind the patient and wrapped arms around the patient's waist	2 0	
4.	Made a fist with one hand.	2 0	
5.	Placed the thumb side of fist against the patient's abdomen, in the midline, slightly above the navel and well below the breastbone.	2 0	
6.	Grasped fist with other hand and SIMULATED pressing fist into the patient's abdomen with a quick, forceful upward thrust. (DO NOT actually perform an abdominal thrust on the patient for this scenario.)	3 0	
7.	Repeated thrusts (SIMULATED) until object is expelled from the airway, giving each new thrust with a separate, distinct movement to relieve the obstruction. * Judge states, "Object is expelled."	3 0	
8.	Instructed patient to seek immediate medical attention.	2 0	
Summary Steps			
9.	Used appropriate verbal and nonverbal communication with patient and other personnel.	2 0	
10.	Used alcohol based hand-rub for hand hygiene.	2 0	
TOTAL POINTS - SKILL VI 70% Mastery for Skill VI = 15.4		22	

LIFE SUPPORT SKILLS

Section # _____
Competitor # _____

Division: _____ SS
Judge's Signature _____

Skill VII: Open Fracture and Splinting (6 minutes)		Possible	Awarded
1.	Verified scene safety.	2 0	
2.	Opened first aid kit and put on PPE.	2 0	
3.	Checked for responsiveness and breathing.	2 0	
4.	Introduced self and asked for permission to help. <i>* Patient consents to treatment.</i>	2 0	
5.	Looked for any signs of injury (noted deformities, limited motion, loss of motion, pain, tenderness, swelling, discoloration, and bone fragments protruding through the skin).	2 0	
6.	Checked for circulation and sensation beyond the injured area.	2 0	
7.	Looked for medical information jewelry.	2 0	
8.	Called Emergency Medical Services and stated:	2 0	
	a. Caller's name, location and phone number.	2 0	
	b. Situation, number and condition of patient(s).	2 0	
	c. Hung up when instructed to by dispatcher. (Verbalized that dispatcher told them it is OK to hang up.)	2 0	
9.	Found object that can be used to prevent arm or leg from moving (rolled up towels, magazine, pieces of wood).	1 0	
10.	Covered broken skin with clean or sterile cloth.	2 0	
11.	Applied splint.	2 0	
	a. Splint supported the joint above and below the injury.	2 0	
	b. Splint was longer than the injured area.	2 0	
	c. Secured the splint to the injured body part so that it supported the injured area using tape, gauze or cloth to secure it. If hard splint is used padded the splint.	2 0	
12.	Rechecked for circulation and sensation.	2 0	

Skill VII: Open Fracture and Splinting Cont'd		Possible	Awarded
13.	Encouraged patient to keep the limb still. <i>* Judge states, "The EMS has arrived."</i>	1 0	
14.	Used appropriate verbal and nonverbal communication with patient and other personnel.	2 0	
15.	Gave information about patient to EMS rescuers (judge).	4 0	
16.	Removed gloves properly without touching the outside of the gloves with bare hands.	2 0	
17.	Placed disposable PPE in a biohazard receptacle.	2 0	
18.	Used alcohol based hand-rub for hand hygiene.	2 0	
TOTAL POINTS – SKILL VII 70% Mastery for Skill VII = 30.8		44	

LIFE SUPPORT SKILLS

Section # _____ Division: _____ SS
 Competitor # _____ Judge's Signature _____

Skill VIII: Heat-Related Emergency (Time: 5 minutes)		Possible	Awarded
1.	Verified scene safety.	2 0	
2.	Opened first aid kit and put on PPE.	2 0	
3.	Checked for responsiveness and breathing.	2 0	
4.	Introduced self and asked for permission to help. <i>* Patient consents to treatment.</i>	2 0	
5.	Quickly assessed the situation. (Asked what happened.)	2 0	
6.	Looked for medical information jewelry.	2 0	
7.	Observed patient closely for signs and symptoms of heat exposure. Information may be obtained directly from patient or observers.	2 0	
8.	Called Emergency Medical Services and stated:		
	a. Caller's name, location and phone number.	2 0	
	b. Situation, number and condition of patient(s)	2 0	
	c. Hung up when instructed to by dispatcher. (Verbalized that dispatcher told them it is OK to hang up.)	2 0	
9	Correctly verbalized to judge if patient has heat exhaustion or heat stroke. <i>If heat exhaustion move to step #10; if heat stroke skip to step #11.</i>	4 0	
10.	HEAT EXHAUSTION		
	a. Moved the patient to a cool area (if possible).	2 0	
	b. Helped the patient lie down on their back with legs and feet elevated 12 inches.	2 0	
	c. Removed excessive clothing (jackets or sweaters) and loosened any tight clothing.	2 0	

Skill VIII: Heat-Related Emergency (con't)		Possible	Awarded
d.	Placed cool, damp cloths on the face. <i>* Judge states, "Patient is conscious."</i>	2	0
e.	Gave small sips of juice, sports drink, or water (4oz every 15min) <i>*Judge states, "EMS has arrived".</i>	2	0
11.	HEAT STROKE		
a.	Immediately moved patient to cool area (if possible).	2	0
b.	Removed excessive clothing.	2	0
c.	Reminded patient to limit their physical activity.	2	0
d.	Placed in cool water up to their neck. (if not possible sponged with cool water or placed ice or cold packs on wrists, ankles, and in the axillary and groin area).	2	0
e.	Observed patient for signs of shock and treated if indicated. <i>*Judge states, "EMS has arrived".</i>	2	0
Summary Steps			
12.	Used appropriate verbal and nonverbal communication with patient and other personnel.	2	0
13.	Gave information about the patient to EMS rescuers (judge).	4	0
14.	Removed gloves properly without touching the outside of the gloves with bare hands.	2	0
15.	Placed disposable PPE in a biohazard receptacle.	2	0
16.	Used alcohol based hand-rub for hand hygiene.	2	0
TOTAL POINTS -- SKILL VIII 70% Mastery for Skill VIII = 32.2		46	

LIFE SUPPORT SKILLS

Section # _____ Division: _____ SS
 Competitor # _____ Judge's Signature _____

Skill IX: Severe Burn (6 minutes)		Possible	Awarded
1.	Verified scene safety and identified which resource being used (ARC or AHA).	2 0	
2.	Opened first aid kit and put on PPE.	2 0	
3.	Checked for responsiveness and breathing.	2 0	
4.	Introduced self and asked for permission to help. <i>* Patient consents to treatment.</i>	2 0	
5.	Quickly assessed the situation. (Asked what happened, noted burn.)	2 0	
6.	Looked for medical information jewelry.	2 0	
7.	Called Emergency Medical Services and stated:		
	a. Caller's name, location and phone number.	2 0	
	b. Situation, number and condition of patient(s)	2 0	
	c. Hung up when instructed to by dispatcher. (Verbalized that dispatcher told them it is OK to hang up.)	2 0	
8.	Treating Burn		
	a. Cooled the burn area for at least 10 minutes. (if no running water, used a cool or cold, but not freezing, clean compress) <i>* Judge states, "Burn has been cooled for 10 minutes".</i>	2 0	
(AHA)	b. Covered burn with dry, nonstick, sterile or clean dressing		
	OR		
(ARC)	b. Verbalized would not cover burn, unless EMS is delayed. <i>* Judge states, "Patient's skin is grayish, cold and clammy."</i>	2 0	
9.	Treated patient for shock		
	a. Helped the patient lie on their back. (May be done earlier in skill)	2 0	
	b. Covered the patient with a dry blanket to keep them warm. <i>* Judge states, "EMS has arrived".</i>	2 0	

Skill IX: Severe Burn cont'd		Possible	Awarded
Summary Steps			
10.	Used appropriate verbal and nonverbal communication with patient and other personnel.	2 0	
11.	Gave information about the patient to EMS rescuers (judges).	4 0	
12.	Removed gloves properly without touching the outside of the gloves with bare hands.	2 0	
13.	Placed disposable PPE in a biohazard receptacle.	2 0	
14.	Used alcohol based hand-rub for hand hygiene.	2 0	
TOTAL POINTS – SKILL IX 70% Mastery for Skill IX = 26.6		38	

LIFE SUPPORT SKILLS

Section # _____ Division: _____ SS _____ PS/Collegiate
Team # _____ Judge's Signature _____

Note: The patient is unresponsive and breathing. The scenario will include if bystanders are present, and the competitor will have the option of calling 911 or instructing a bystander to do so.

Skill X: Administer Naloxone (Nasal Spray NARCAN)		Possible	Awarded
1.	Verified scene safety.	2 0	
2.	Opened first aid kit and put on PPE.	2 0	
3.	Checked for responsiveness and breathing. <i>The judge states, "patient is unresponsive and breathing is slow, shallow."</i>	2 0	
4.	Instructed bystander to contact Emergency Medical Services (judge) or contacted Emergency Medical Services themselves.	2 0	
5.	Verbalized patient assessment looking for signs of opioid overdose:	2 0	
	a. Responsive but experiencing altered state of consciousness or drowsiness.	2 0	
	b. Choking or gurgling sounds.	2 0	
	c. Small, constricted pupils.	2 0	
	d. Blue skin, lips or nails. <i>*Judge states, "There is evidence of opioid usage". Judge provides competitor with Naloxone (Nasal Spray NARCAN).</i>	2 0	
6.	Obtained Naloxone and administered:	2 0	
	a. Peeled the package back to remove the device and checked medication name and expiration date.	2 0	
	b. Held the device with thumb on the bottom of the plunger and two fingers on the nozzle.	2 0	
	c. Placed and held the tip of the nozzle in either nostril until fingers touched the bottom of the patient's nose.	2 0	
	d. Pressed the plunger firmly to release the dose into the patient's nose.	2 0	
7.	Continued to assess responsiveness and breathing.	2 0	
8.	Used appropriate verbal and nonverbal communication with patient and other personnel.	2 0	
9.	Gave information about patient to EMS rescuers (<i>judges</i>) including time of naloxone delivery.	4 0	
10.	Removed gloves properly without touching the outside of the gloves with bare hands.	2 0	
11.	Placed disposable PPE in a biohazard receptacle.	2 0	

Skill X: Administer Naloxone (Nasal Spray NARCAN) Cont'd	Possible	Awarded
12. Used alcohol based hand-rub for hand hygiene.	2 0	
TOTAL POINTS – SKILL X 70% Mastery for Skill X = 26.6	38	