

# **SkillsUSA**

## **2005 Contest Specifications**

### **First Aid/CPR**

Click the “Print this Section” button above to automatically print the specifications for this contest. Make sure your printer is turned on before pressing the button.

**SCENARIO 1: YOU ARE AT A FAMILY DINNER WHEN YOU WALK INTO THE LIVING ROOM AND SEE YOUR UNLCE LYING ON THE FLOOR. WHAT DO YOU DO NEXT?**

Check for scene safety	_____	3
Check for consciousness (tap and shout)	_____	3
Check for breathing (not breathing)		
Head tilt chin lift	_____	2
Look, listen and feel for 5 sec.	_____	2
Give two slow breaths	_____	3
Check for pulse		
Check correct place for 5-10 sec.	_____	2
Check for severe bleeding		
Scan entire body	_____	2
Call for EMS	_____	2
Continue providing care: (Use of gloves)	_____	2

**VICTIM IS NOT BREATHING AND HAS A PULSE:**

Begin rescue breathing		
Start with one breath every 5 sec.	_____	2
Pinch nose while gives breathes	_____	2
Does 12 cycles of one breath every 5 sec.	_____	8
Maintains open air way while giving breaths	_____	2
Recheck pulse and breathing after one minute	_____	2

**VICTIM HAS A PULSE AND IS BREATHING:**

Continue to monitor victim and maintain air way	_____	3
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**JUDGES NAME:**

**COMMENTS:**

**SCENARIO 2: YOU ARE HELPING A FRIEND REMODEL HIS BASEMENT WHEN HE DRILLS THROUGH HIS HAND. WHAT DO YOU DO NEXT?**

<b>Check for scene safety</b>	_____	<b>3</b>
<b>Use gloves</b>	_____	<b>2</b>
<b>Call 911</b>	_____	<b>2</b>
<b>Apply direct pressure with gloved hand</b>	_____	<b>3</b>
<b>Apply bandages with pressure</b>	_____	<b>5</b>
<b>Elevate limb</b>	_____	<b>5</b>
<b>Apply more bandages when blood soaks through (Bleeding has not stopped)</b>	_____	<b>5</b>
<b>Apply pressure to pressure point</b>	_____	<b>5</b>
<b>Provide care for shock. Lower head, raise legs</b>	_____	<b>5</b>
<b>Reassure victim and monitor until help arrives</b>	_____	<b>5</b>
<b>Total Points Awarded:</b>	_____	<b>(40 possible)</b>

**Comments:**

**Professionalism:**

<b>Strong handshake</b>	_____	<b>2</b>
<b>Direct eye contact</b>	_____	<b>2</b>
<b>Assertive/Confident manner</b>	_____	<b>2</b>
<b>Loud and clear voice during testing</b>	_____	<b>4</b>

**Total Points Awarded:** \_\_\_\_\_ **(10 possible)**

**JUDGES NAME:**

**COMMENTS:**

**SCENARIO 3: YOU ARE HELPING A FRIEND MOVE, PUTTING BOXES INTO THE TRUCK. YOU NOTICED THAT A BOX FALLS ONTO YOUR FRIENDS SHOULDER. WHAT DO YOU DO NEXT?**

<b>Check for scene safety</b>	<b>_____ 3</b>
<b>Use of gloves</b>	<b>_____ 3</b>
<b>Have someone call EMS</b>	<b>_____ 3</b>
<b>Asked victim if they have pain anywhere else</b>	<b>_____ 3</b>
<b>Support the injured arm (Support above and below the site of injury.)</b>	<b>_____ 4</b>
<b>Check for feeling of warmth</b>	<b>_____ 4</b>
<b>Place sling</b>	<b>_____ 5</b>
<b>Tie ends of sling at side of neck.</b>	<b>_____ 3</b>
<b>Secure injured area (Secure arm to the chest with a folded triangular bandage)</b>	<b>_____ 5</b>
<b>Recheck for feeling, warmth, and color below injured</b>	<b>_____ 5</b>
<b>Continue to monitor victim to help arrives.</b>	<b>_____ 2</b>

**JUDGES NAME:  
COMMENTS**

**SCENARIO 4: YOU ARE AT A FAMILY PICNIC. YOU NOTICE A CHILD PLAYING ON A TRAMPELINE FALL ONTO THE GROUND. WHAT DO YOU DO NEXT?**

Check for scene safety	_____	3
Check for consciousness (tap and shout)	_____	3
Check for breathing (head tilt, chin lift)	_____	3
(Look, listen and feel for 5 seconds)	_____	2
Check for pulse (Check correct place for 5-10 seconds)	_____	2
Check for severe bleeding (Look over entire body for signs of bleeding)	_____	2
Call for Emergency Medical Assistance (send bystander to call for assistance immediately)	_____	2
While providing care:		
Use of gloves	_____	2
Reassuring victim/bystanders	_____	1

**APPROPRIATE CARE: WHILE COMPLETING CHECK IT IS DETERMINED THAT THE CHILD IS NOT BREATHING.**

During check phase:		
Give two slow breaths	_____	5
Provide rescue breathing		
Head tilt, chin lift	_____	2
One slow breath every 3 seconds	_____	5
Check for pulse and breathing every minute	_____	5
Monitor victim until help arrives		
Maintain open air way	_____	1
Check for breathing	_____	1
Check for pulse	_____	1

**JUDGES NAME:**

**COMMENTS:**

**SCENARIO 5: WHILE BABYSITTING FOR A FAMILY MEMBER YOU CHECK ON THE BABY IN HER CRIB, SHE IS NOT MOVING. WHAT DO YOU NEXT?**

Check for scene safety	_____	3
Check for consciousness (tap and shout)	_____	3
Check for breathing (head tilt, chin left)	_____	3
(look, listen and feel for 5 seconds)	_____	2
Check for pulse (check correct place for 5 seconds)	_____	2
Check for severe bleeding (look over entire body for signs of bleeding)	_____	2
Call for Emergency Medical Assistance (send bystander to call for assistance immediately)	_____	2
While providing care:		
Use of gloves	_____	2
Reassuring victim/bystanders	_____	1

**APPROPRIATE CARE: WHILE COMPLETING CHECK, IT IS DETERMINED THAT THE BABY IS NOT BREATHING.**

During check phase:		
Give two slow breaths	_____	5
Provide rescue breathing		
Head tilt, chin lift	_____	2
One slow breath every 3 seconds	_____	5
Check for pulse and breathing every minute	_____	5
Monitor victim until help arrives		
Maintain open air way	_____	1
Check for breathing	_____	1
Check for pulse	_____	1

**JUDGES NAMES:**

**COMMENTS:**

**SCENARIO 6: YOU ARE WALKING DOWN AN ISLEWAY AT A STORE AND NOTICE SOMEONE LYING ON THE FLOOR. WHAT DO YOU DO NEXT?**

Check for scene safety	_____	2
Check for consciousness (tap and shout)	_____	3
Check for breathing (no breathing)		
Head tilt, chin lift	_____	2
Look, listen and feel for 5 seconds	_____	2
Give two slow breaths	_____	2
Check for pulse		
Check correct place for 5-10 seconds	_____	2
Check for severe bleeding		
Scan entire body	_____	2
Call for EMS	_____	2
While providing care:		
Use of gloves	_____	1

**VICTIM IS NOT BREATHING AND DOES NOT HAVE A PULSE**

**Begin CPR**

Start with 15 compressions (no breaths)	_____	4
Do four uninterrupted cycles of 15 to 2	_____	5
Recheck pulse and breathing after one minute	_____	2

**VICTIM HAS A PULSE AND IS STILL NOT BREATHING**

**Continue rescue breathing**

Give one breath every 5 seconds	_____	4
Pinch nose while breathing	_____	1
Maintain open air way while breathing	_____	2
Recheck breathing after one minute	_____	2

**VICTIM HAS A PULSE AND IS BREATHING**

Maintain open airway and continue to monitor	_____	2
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**JUDGES NAME:**

**COMMENTS:**