



## FIRST AID-CPR

SkillsUSA Championships Technical Standards



### PURPOSE

To evaluate each competitor's ability to react in simulated situations demanding First Aid and CPR intervention and to recognize excellence and professionalism in the career and technical education student's first aid skills.

First, download and review the General Regulations at [updates.skillsusa.org](https://updates.skillsusa.org).

### ELIGIBILITY

Open to active SkillsUSA members enrolled in a health care and/or first responder/public safety related program. Each state may send one high school and one college/postsecondary competitor.

### CLOTHING REQUIREMENTS

#### **Class B: Healthcare Attire**

- Official SkillsUSA blue scrubs
- White socks or white seamless/nonpattern hose visible above the top of the shoe
- Health-professionals' white or black work shoe

**Note:** Scrubs should fit correctly and must be hemmed and wrinkle-free. A plain white crewneck T-shirt may be worn underneath the scrub top, and it should not be visible from the bottom of the sleeve or the bottom hem area of the scrub top. Hair must be pinned up and off the collar.

**Note:** Shoes must be all-white or black (no canvas/mesh) and completely enclosed (no open-toe or open-heel). Athletic-style shoes that meet the criteria are acceptable.

**Jewelry:** Only one stud or small hoop in each ear is allowed. Competitors may wear a wedding band if it doesn't contain a stone. If it does, the band must be taped.

These regulations refer to SkillsUSA Championships Clothing Classifications that are pictured and described at [skillsusastore.org](https://skillsusastore.org). If you have questions about competition uniforms, call the SkillsUSA Store at 888-501-2183.

**Note:** Competitors must wear their official competition clothing to the competition 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)
2. Supplied by the competitor:
  - a. A copy of current certification(s) 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  
**Note:** mock scenarios will be performed by single competitor.
    - 1). All competitors must also submit online a copy of their certification. See “Online Submission Requirements” below for guidelines. Failure to do so will result in a 10-point penalty.
  - b. Competitors should bring their own face mask.
  - c. All competitors must create and submit online a one-page single sided resume. See “Online Submission Requirements” below for guidelines.

**Note:** No textbooks are allowed in the testing area.

**Note:** All national competitors must also check for competition-specific updates and/or competitor preparation instructions on the SkillsUSA website at [updates.skillsusa.org](https://updates.skillsusa.org).

## PROHIBITED DEVICES

Cellphones, electronic watches and/or other electronic devices not approved by a competition’s national technical committee are **NOT** allowed in the competition area. Please follow the guidelines in each technical standard for approved exceptions. Technical committee members may also approve exceptions onsite during the SkillsUSA Championships if deemed appropriate.

### Penalties for Prohibited Devices

If a competitor’s electronic device makes noise or if the competitor is seen using it at any time during the competition, an official report will be documented for review by the Director of the SkillsUSA Championships. If confirmed that the competitor used the device in a manner which compromised the integrity of the competition, the competitor’s scores may be removed.

## ONLINE SUBMISSION REQUIREMENTS

All SkillsUSA national competitors must submit their one-page single sided resume online. The deadline and link for online submissions will be published on [updates.skillsusa.org](https://updates.skillsusa.org).

Failure to submit any of the required online submission document(s) listed below by the established deadline will result in a 10-point penalty for each missing document.

1. One-page single sided resume
2. Copy of your current CPR/AED two-man system and First Aid certification

Your submissions must be saved as individual PDF file types using the file name format of “Your Last Name\_Your First Name\_DocumentType.” For example, “Amanda Smith” would save the individual PDF submissions files as:

- Smith\_Amanda\_Resume
- Smith\_Amanda\_SafetyCert

## **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 are not permitted to communicate with competitors in the holding area.

## **SCOPE OF THE COMPETITION**

### **KNOWLEDGE PERFORMANCE**

The competition will include a test assessing general knowledge of First Aid and CPR. Competitors are also required to take the SkillsUSA Professional Development 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.

### **COMPETITION GUIDELINES**

1. 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.
2. A competitor holding area will be established if observation of stations/scenarios presents a competitive advantage. Competitors must remain in the holding area until they complete all required stations.
3. Electronic devices are not permitted in the competition and/or holding area. Competitors are allowed to have reading material i.e., books, magazines in the holding area.

### **STANDARDS AND COMPETENCIES**

#### **CPR 1.0 — CPR with AED for Adult**

- 1.1. Demonstrate skills in performing CPR with AED including two-man system. (Judges will prompt the competitor during the CPR with AED two-man system scenario(s) on which role to perform and when to switch roles.)

**CPR 2.0 — CPR for Child**

- 2.1. Demonstrate skills in performing CPR for children.

**CPR 3.0 — CPR for Infant**

- 3.1. Demonstrate skills in performing CPR for infants.

**CPR 4.0 — Choking Victim: Conscious/Unconscious Adult**

- 4.1. Demonstrate skills in performing choking emergencies for conscious/unconscious adults.

**CPR 5.0 — Choking Victim: Conscious/Unconscious Child**

- 5.1. Demonstrate skills in performing choking emergencies for conscious/unconscious children.

**CPR 6.0 — Choking Victim: Conscious/Unconscious Infant**

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

**CPR 7.0 — Sudden Illness: Seizures/Diabetics**

- 7.1. Demonstrate skills in performing interventions and care for seizures/diabetic emergencies.

**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.

**CPR 9.0 — Bleeding/Wound Care**

- 9.1. Demonstrate care/control dealing with bleeding/wound care.

**CPR 10.0 — Burn Care**

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

**CPR 11.0 — 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. For more, visit:

[www.skillsusa.org/who-we-are/skillsusa-framework/](http://www.skillsusa.org/who-we-are/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

## **COMMITTEE IDENTIFIED ACADEMIC SKILLS**

The technical committee has identified that the following academic skills are embedded in this competition.

### **Science Skills**

- Use knowledge of cell theory.
- Use knowledge of patterns of cellular organization (cells, tissues, organs, systems).
- Describe basic needs of organisms.
- Describe behaviors in animal populations.
- Use knowledge of reproduction and transmission of genetic information
- Describe characteristics of types of matter based on physical and chemical properties.
- Use knowledge of physical properties (shape, density, solubility, odor, melting point, boiling point, color).
- Use knowledge of chemical properties (acidity, basicity, combustibility, reactivity).
- Understand Law of Conservation of Matter and Energy.
- Describe and identify physical changes to matter.
- Describe and identify nuclear reactions (products of fusion and fission and the effect of these products on humans and the environment).
- Predict chemical changes to matter (types of reactions, reactants and products, and balanced equations).
- Use knowledge of potential and kinetic energy.
- Use knowledge of mechanical, chemical and electrical energy.
- Use knowledge of heat, light and sound energy.
- Use knowledge of speed, velocity and acceleration.
- Use knowledge of Newton's laws of motion.
- Use knowledge of work, force, mechanical advantage, efficiency and power.

### **Language Arts Skills**

- Provide information in conversations and in group discussions.
- Demonstrate use of such verbal communication skills as word choice, pitch, feeling, tone and voice.
- Demonstrate use of such nonverbal communication skills as eye contact, posture and gestures using interviewing techniques to gain information.
- Demonstrate comprehension of a variety of informational texts.
- Use text structures to aid comprehension.
- Demonstrate knowledge of appropriate reference materials.
- Use print, electronic databases and online resources to access information in books and articles.

## **CONNECTIONS TO NATIONAL STANDARDS**

State-level academic curriculum specialists identified the following connections to national academic standards.

### **Math Standards**

- Geometry
- Measurement
- Problem-solving

*Source: NCTM Principles and Standards for School Mathematics. For more information, visit: [www.nctm.org](http://www.nctm.org).*

### **Science Standards**

- Understands the principles of heredity and related concepts.
- Understands the structure and function of cells and organisms.
- Understands relationships among organisms and their physical environment.
- Understands the sources and properties of energy.
- Understands forces and motion.
- Understands the nature of scientific inquiry.

### **Language Arts Standards**

- Students apply a wide range of strategies to comprehend, interpret, evaluate and appreciate texts. They draw on their prior experience, their interactions with other readers and writers, their knowledge of word meaning and of other texts, their word identification strategies and their understanding of textual features (e.g., sound-letter correspondence, sentence structure, context, graphics).
- Students adjust their use of spoken, written and visual language (e.g., conventions, style, vocabulary) to communicate effectively with a variety of audiences and for different purposes.
- Students employ a wide range of strategies as they write and use different writing process elements appropriately to communicate with different audiences for a variety of purposes.
- Students use a variety of technological and information resources (e.g., libraries, databases, computer networks, video) to gather and synthesize information and to create and communicate knowledge.
- Students use spoken, written and visual language to accomplish their own purposes (e.g., for learning, enjoyment, persuasion and the exchange of information).

*Source: IRA/NCTE Standards for the English Language Arts. To view the standards, visit: [www.ncte.org/standards](http://www.ncte.org/standards).*