

## First Aid/CPR

### Description

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.

### NYS Health Care Attire:

- Official school uniform with identification removed/concealed. Plain white, collarless T-shirts must be worn under neath the scrub top make sure is not visible from either the sleeve or the hem areas 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. 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 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

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

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

**CPR 7.0 — Sudden illnesses: 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.

**CPR 10.0 — Burn Care**

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