

Unoccupied Bed-Making **[Healthcare]**

Description

The Unoccupied Bed-Making Skills Contest evaluates a competitor's ability to correctly and efficiently make an unoccupied hospital bed in accordance with industry-standard infection-control procedures and professional healthcare practices. The contest emphasizes safety, accuracy, organization, and quality of patient-care fundamentals.

NYS Health Care Attire:

- Scrubs (official SkillsUSA blue scrubs are not required; any professional scrubs are acceptable). Plain white, collarless T-shirts must be worn underneath the scrub top to 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 on 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.**

Students who do not arrive in the proper attire will receive penalties and point reductions in accordance with contest standards, so please ensure everyone is prepared ahead of time.

PDT/Written test will be given at orientation

Equipment and Materials

1. Supplied by the technical committee:
 - a. Hospital bed (Gatch or standard)
 - b. Mattress with protective cover
 - c. Clean linens: fitted sheet, flat sheet, drawsheet blanket, pillow, pillowcase
 - d. Linen hampers
 - e. Hand hygiene supplies

2. Supplied by the competitor:
 - a. Competitors should bring their own face mask.
 - b. #2 pencils.
 - c. 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 a 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

COMPETITION GUIDELINES

- Competitors must wear appropriate healthcare attire (scrubs, closed-toe shoes).
- All equipment and linens will be provided onsite.
- Contestants will receive a brief orientation before performance testing.
- Judging will be conducted by qualified Industry professionals

PERFORMANCE STANDARDS

Accuracy: Correct procedural sequence and linen placement

Time Management: Completion within the established time limit (17 Minutes*)

Technical Skill: Proper grip, folding techniques, draw sheet application, and use of hospital corners (mitered corners),

Safety: Consistent use of infection-control measures, proper body mechanics identifies client (using 2 identifiers)

Professionalism: Communication, organization, and compliance with contest rules

- Compliance with safety/infection control (25%)
- Technical accuracy of bed-making steps (45%)
- Organization, body mechanics, and efficiency (20%)
- Professional demeanor and completion of opening and closing procedures (10%)

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:

1. Perform beginning-of-task procedures (hand hygiene, equipment assembly, environment safety check).
2. Apply proper body mechanics while stripping and replacing linens.

3. Maintain infection-control standards throughout the task.
4. Make a neat, wrinkle-free, safely prepared unoccupied bed including:
5. Mattress preparation
6. Fitted sheet placement
7. Flat sheet and blanket layering
8. Hospital corners
9. Pillowcase application
10. Perform end-of-task procedures (environment safety check, hand hygiene, linen disposal protocol).
11. Skill requires one person or a manikin