

SkillsUSA 2010 Contest Projects

First Aid/CPR

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First AID/CPR

Contestants are required to provide a copy of approved certificates in CPR(Adult/AED, Child and Infant) 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

SCENARIO 1: Adult CPR/AED

You are standing in line at the license bureau when the person in front of you groans and slumps to the floor. There is an AED available.

Check for scene safety	_____	10
Check for consciousness (tap and shout)	_____	10
Check for breathing Judge States (no breathing)		
Head tilt, chin lift	_____	10
Look, listen and feel for 5-10 seconds	_____	10
Give two slow breaths	_____	10

Judge States Victim Unresponsive

Check for severe bleeding		
Scan entire body	_____	10
Call for EMS	_____	10
While providing care:		
Use of gloves	_____	6

Judge States AED is available:

Turn on AED, Place pads on victim	_____	23
Analyze Victim	_____	23
Make sure all are clear of victim	_____	23
Deliver Shock when prompted	_____	23
Begin CPR		

Judge States: Not a shock able rhythm

Begin CPR		
Start with 30 compressions (no breaths)	_____	20
Do five uninterrupted cycles of 30 to 2	_____	20
Recheck pulse and breathing after two minutes	_____	20

Judge States: Victim has a pulse and is breathing

Maintain open airway and continue to monitor	_____	12
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Total Points Awarded: _____ (240)

Judges Name:
Comments

SKILLS USA CHALLENGES

CONTESTANT NUMBER_____

SCENARIO 2: Child CPR

You are picking up your brother from a birthday party when you see a crowd around a child in the hall. What do you do next?

- Check for scene safety _____ 12
- Check for consciousness _____ 12
(Tap and shout)
- Check for breathing _____ 12
(Head tilt, chin lift)
(Look, listen and feel for 5-10 seconds) _____ 12

- Check for severe bleeding _____ 12
(Look over entire body for signs of bleeding)
- Call for Emergency Medical Assistance _____ 12
(Send bystander to call for assistance immediately)
- While providing care:
 - Use of gloves _____ 12

 - Reassuring victim/bystanders _____ 12

Judge States: Child has no pulse and is not breathing

- Start CPR (30 compressions and 2 breaths) _____ 60
- Continue giving CPR to child for 2 minutes
30 compressions and 2 breaths

- Stop and check for responsiveness 5-10 seconds _____ 11
- Child is responsive

Judge States: Victim is breathing and has a pulse.

- Monitor victim until help arrives
 - Maintain open air way _____ 11
 - Check for breathing _____ 11
 - Check for pulse _____ 11

Total Points Awarded: _____ (200)

Judges Name:

Comments:

SKILLS USA CHALLENGES

CONTESTANT NUMBER _____

SCENARIO 3: Infant CPR

You are walking in to a shopping center when you see and hear a mother yelling for help leaning over a baby stroller. What do you do next?

Check for scene safety	_____	12
Check for consciousness (Tap and shout)	_____	12
Check for breathing (Head tilt, chin left)	_____	12
(Check for breathing and pulse for 5-10 seconds)	_____	12
Check for pulse		
Check for severe bleeding		
(Look over entire body for signs of bleeding)	_____	12
Call for Emergency Medical Assistance		
(Send bystander to call for assistance immediately)	_____	12
While providing care:		
Use of gloves	_____	10
Reassuring victim/bystanders	_____	8

Judge States: Baby has no pulse and is not breathing.

During check phase:		
Give two slow breaths	_____	12
Start CPR		
Head tilt, chin lift	_____	12
30 compressions 2 breaths	_____	28
Continue for 2 minutes	_____	28

Judge States: Infant is responsive

Monitor until help arrives		
Maintain open air way	_____	10
Check for breathing	_____	10
Check for pulse	_____	10

Total Points Awarded: _____ (200)

Judges Name:

Comments:

SKILLS USA CHALLENGES

CONTESTANT NUMBER_____

SCENARIO 4: Medical Emergency

You are eating at a restaurant when someone at the next table starts to cough and places his hands on his throat? What do you do next?

Check scene for safety	_____	10
Ask victim if he can cough or speak victim nods no get into position		
Give Abdominal thrusts (show position)	_____	10
Judge States: Victim faints (2 minutes)		
Check for Breathing Tell someone to call 911	_____	10
Head tilt chin lift	_____	10
Look, listen and feel for 5-10 sec.	_____	10
Give 2 breaths Judge States breaths do not go in		
Re tilt head give 2 breaths Judge States breaths do Not go in.	_____	10
Begin Unconscious choking (2 minutes)		
Give 30 compressions check airway before giving breaths.	_____	15
Give 2 breaths. Judge States Airway still blocked	_____	10
Continue cycle of compressions and checking airway	_____	15
Judge States Airway is open No pulse or Breathing (1 minute)		
Give 2 breaths and continue CPR	_____	10
30 compressions and 2 breaths	_____	15
Judge states: Victim is breathing and has a pulse: (1 minute)		
Continue to monitor victim and maintain air way	_____	15
Total Points Awarded:	_____	(120)

Judges Name:

Comments:

SKILLS USA CHALLENGES

CONTESTANT NUMBER _____

SCENARIO 5: First Aid

You and a friend are riding bikes on a bike trail when you come across a rider who has fallen. First Aid kit is Available

Check for scene safety ask if you can help _____ 8

Victim states he/she slid on some gravel and fell off.

There is a large abrasion on their right arm by the elbow victim is holding arm.

Put on gloves _____ 8

Have someone call EMS _____ 8

Victim States my arm hurts to move it:

Clean of wound area with cleaning pad _____ 8

Check to see if arm is bruised or discolored _____ 8

Judge states Victim has bruising on right elbow

Ask the patient to support their arm while applying ointment _____ 15
And large band aid to area (**simulated**)

Check the injured area for discoloration and pain _____ 15
(**Support above and below the site of injury.**)

Place a sling from a triangular bandage on _____ 15
The injured arm and secure

Tie 1 triangular bandages securely across the _____ 15
Chest and secure

Recheck for feeling, warmth, and color on fingers _____ 15

Continue to monitor victim until help arrives. _____ 5

Total Points Awarded: _____ (120)

Judges Name:

Comments