

SkillsUSA

2015 Contest Projects

First Aid/CPR

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SCENARIO 1: ADULT CPR/AED

You and a coworker are working a First Aid Station at a convention when you called to an Adult victim who has collapsed. What do you do next?

CHECK FOR SCENE SAFETY --- PPE/BSI _____ **10**

JUDGE STATES; SCENE IS SAFE

CHECK RESPONSIVNESS: SHAKE AND SHOUT _____ **10**

JUDGE STATES: UNRESPONSIVE

CHECK AIRWAY AND BREATHING

HEAD TILT CHIN LIFT _____ **10**

CHECK BREATHING _____ **10**

SCAN BODY FOR SEVERE BLEEDING _____ **10**

TELL PARTNER TO CALL 911 AND GET THE AED _____ **15**

CHECK PULSE 5 TO 10 SECONDS _____ **10**

JUDGE STATES: NO PULSE

EXPOSE CHEST _____ **10**

BEGIN COMPRESSIONS 30:2 (CAB) BREATHS WITH POCKET MASK _____ **15**

JUDGE STATES; NOT BREATHING, NO PULSE

CONTINUE CPR 30:2---BREATHS WITH POCKET MASK _____ **15**

JUDGE STATES: PARTNER ARRIVES WITH AED

CONTESTANT TELLS PARTNER TO TAKE OVER CPR _____ **10**

WIPE CHEST AREA IF WET, REMOVE PATCHES _____ **10**

TURN ON AED _____ **15**

PLACE PADS ON VICTIM AND ANALYZE VICTIM _____ **15**

CONTESTANT TELLS PARTNER TO STOP CPR _____ **15**

DELIVERS SHOCK WHEN PROMPTED _____ **15**

EVERYONE CLEAR - STAND CLEAR -- SHOCKING, SHOCKING _____ **10**

CONTESTANT PERFORM CPR FOR 2 MINUTES 30:2 _____ **15**

WITH PARTNER DOING BREATHS _____ **15**

AFTER 2 MNUTES JUDGE STATES: NOT A SHOCKABLE RHYTHM

CHECK ABCs _____ **10**

JUDGE STATES NO PULSE NOT BREATHING

CONTESTANT TELLS PARTNER TO SWITCH

CONTESTANT TAKES OVER BREATHING _____ **10**

TOTAL POINTS AWARDED _____ **(240)**

JUDGES NAME: _____

COMMENTS

SCENARIO 2: Child CPR.

**You are at a family gathering when a child collapses by the pool.
What do you do next?**

CHECK FOR SCENE SAFETY --- PPE/BSI _____ **15**

JUDGE STATES: SCENE IS SAFE

CHECK FOR RESPONSIVENESS (SHAKE BOTH SHOULDERS) _____ **15**

JUDGE STATES NOT RESPONSIVE

TELL SOMEONE TO CALL 911 _____ **15**

CHECK PULSE 5 TO 10 SECONDS _____ **15**

JUDGE STATES NO PULSE

EXPOSE CHEST _____ **20**

BEGIN COMPRESSIONS 30:2 (CAB) BREATHS WITH POCKET MASK _____ **15**

CAN USE ONE HAND OR BOTH HANDS (PROPER PLACEMENT _____ **15**

CHECK AIRWAY AND BREATHING

HEAD TILT CHIN LIFT _____ **15**

CHECK BREATHING _____ **15**

SCAN BODY FOR SEVERE BLEEDING _____ **15**

JUDGE STATES NOT BREATHING, NO PULSE

PERFORM CPR FOR 2 MINUTES 30:2 X 5 _____ **15**

MUST DO 5 CYCLES OR JUDGE STATES 2 MINUTES HAS GONE BY

AND CONTINUE CPR TILL EMS ARRIVES _____ **15**

TRANSPORT _____ **15**

TOTAL POINTS AWARDED: _____ **(200)**

JUDGES NAME _____

COMMENTS

SCENARIO 3: INFANT CPR:**You are visiting a Park when a woman calls for help you find her infant son unconscious.****WHAT DO YOU DO NEXT??**

CHECK FOR SCENE SAFETY PPE/BSI	_____	15
JUDGE STATES: SCENE IS SAFE		
CHECK FOR CONSCIOUSNESS, (TAP BOTTON OF FEET SHOUT LOUD)	_____	15
<u>JUDGE STATES: NOT RESPONSIVE AND YOU ARE ALONE</u>		
CHECK PULSE 5 TO 10 SECONDS BRACHIAL PULSE	_____	10
<u>JUDGE STATES NO PULSE</u>		
EXPOSE CHEST	_____	15
HEAD TILT CHIN LIFT (SNIFFING POSITION)	_____	15
CHECK BREATHING	_____	10
SCAN BODY FOR SEVERE BLEEDING	_____	10
BEGIN COMPRESSIONS (CAB) 30:2 BREATHS WITH POCKET MASK UPSIDE DOWN FOR 5 CYCLES	_____	15
THEN CALL 911	_____	15
CAB 'S	_____	15
<u>JUDGE STATES: NOT BREATHING, NO PULSE</u>		
PROPER HAND PLACEMENT	_____	15
CONTINUE COMPRESSIONS 30:2 WITH POCKET MASK UPSIDE DOWN.	_____	15
<u>JUDGE STATES: INFANT IS RESPONSIVE</u>		
MAINTAIN AIR WAY	_____	10
CHECK A, B , C	_____	15
TRANSPORT	_____	10
TOTAL POINTS AWARDED:	_____	(200)
JUDGES NAME: _____		
COMMENTS:		

SCENARIO 4: First Aid

**You and your friends are out on a hike when one of friends
Stumbles and falls off the hiking trail and twists their right leg.
What do you do next?**

Check for scene safety ask if you can help _____ **8**

**Victim states he/she slid on some gravel.
There is a large abrasion on their left forearm. Victim is holding their arm.**

Put on gloves _____ **8**

Have someone call EMS _____ **8**

Victim States my arm hurts to move it:

Clean wound area with cleaning pad _____ **8**

Check to see if arm is bruised or discolored _____ **8**

Judge states Victim has bruising on left forearm

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

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

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

**Tie 1 triangular bandage securely across the
Chest and secure** _____ **15**

Recheck for feeling, warmth, and color of fingers _____ **15**

Continue to monitor victim until help arrives. _____ **5**

TOTAL POINTS AWARDED: _____ **(120)**

JUDGES NAME: _____

COMMENTS:

SCENARIO: 5. MEDICAL EMERGENCY:

You are attending a work day for your school when one of the teachers slumps over. It is hot and humid outside. What do you do next?

Check the scene for safety ask if you can help	_____ 6
Victim states he/she is hot and tired Put on PPE/BSI	_____ 6
Have someone call EMS	_____ 6
Move Victim to shade and place cool towel on neck and give water.	_____ 6
Check to see if skin is cool and clammy	_____ 12

Judge States: skin is normal

Judge states Victim has bruising on right elbow

Ask the patient if they have pain anywhere else He/ She says their right elbow is hurting it is swollen	_____ 12
Check the injured area for discoloration and pain (Support above and below the site of injury.)	_____ 12
Place a sling from a triangular bandage on The injured arm and secure	_____ 15
Tie 2 triangular bandages securely across the Chest and secure	_____ 24
Recheck for feeling, warmth, and color on fingers	_____ 15
Continue to monitor victim until help arrives.	_____ 6

TOTAL POINTS AWARDED ----- (120)

JUDGES NAME: _____

COMMENTS