

Life Support Skills

New for 2020 – 2021

Competitor orientation deleted from ILC.
Feedback devices will not be used during ILC competition.
Changes have been made to what Competitors Must Provide.
Editorial changes have been made in the guidelines for clarity.
Rating sheet has been updated to reflect guideline changes.
The American Heart Association will publish the official *2020 American Heart Association Guidelines for CPR and Emergency Cardiovascular Care* on October 21, 2020. HOSA does not change editions of resources mid-year, so these 2020 updates will go into effect for the HOSA membership year 2021-2022

Event Summary

Life Support Skills provides HOSA members with the opportunity to gain knowledge and skills required for basic life support. This competitive event consists of an evaluation of member's performance in a skills assessment. This event aims to inspire members to be proactive future health professionals and be equipped with the skills to provide immediate, life-saving actions in the absence of emergency services. This event is specifically for HOSA members who are classified under IDEA.

Dress Code Competitors shall wear proper business attire or official HOSA uniform, or attire appropriate to the occupational area. Bonus points will be awarded for [proper dress](#).

General Rules

1. Competitors in this event must be active members of HOSA in good standing in
2. Secondary division is eligible to compete in this event.
3. Competitors must be familiar with and adhere to the ["General Rules and Regulations of the HOSA Competitive Events Program \(GRR\)."](#)
4. All competitors shall report to the site of the event at the time designated for each round of competition. At ILC, competitor's [photo ID](#) must be presented prior to ALL competition rounds.

Eligibility.

5. In order to participate in this event, the competitor must meet all the following requirements:
 - MUST be classified under the provision of the 2004 reauthorized Individuals with Disabilities Education Act (IDEA).
 - Submit a completed STUDENT ELIGIBILITY AND ACCOMODATION FORM found on page 13 of the guidelines by the state-published deadline.

Official References

6. All official references are used in the development of skill rating sheets:
 - [American Heart Association, BLS., Latest Edition.](#)
 - [American Heart Association, Heartsaver First Aid/CPR/AED, Latest Edition.](#)
 - [Simmers, L., Simmers-Narker, Simmers-Kobelak. DHO: Health Science. Cengage Learning, Latest edition.](#)

Skills Assessment

7. Each competitor will be evaluated on his/her performance on selected skill(s). All competitors will be evaluated on Skill I: Adult BLS/CPR or Skill II: Infant BLS/CPR and one of the first aid skills. The skills will not be combined.

The skills approved for this event are:

Skill I:	Adult BLS/CPR	(6 minutes)
Skill II:	Infant BLS/CPR	(6 minutes)
<i>First Aid Skills</i>		
Skill III:	Severe Bleeding	(5 minutes)
Skill IV:	Choking	(3 minutes)
Skill V:	Broken Bone/Sprain and Splinting	(5 minutes)
Skill VI:	Heat-Related Emergency	(5 minutes)

8. The selected skill(s) will be presented to competitors as a written scenario at the beginning of the round. A sample scenario can be found [here](#).
9. Timing will begin when the scenario is presented and the competitor will be stopped at the end of the time allowed.
10. The scenario is a secret topic. Competitors MAY NOT discuss or reveal the secret topic until after the event has concluded or will face penalties per [the GRRs](#).
11. Judges will provide information to competitors as directed by the rating sheets. Competitors may ask questions of the judges while performing skills if the questions relate to patient physiology and will be included in the scenario.

Final Scoring

12. The competitor must earn a score of 70% or higher on the combined skill(s) of the event in order to be recognized as an award winner at the ILC.
13. In case of a tie, the selected skill with the highest possible point value will be used as the tie breaker; others as necessary in descending order of total point value.
14. If the competitor does not upload Student Eligibility and Accommodation Form by the deadline, then the competitor will be allowed to compete but will receive 35 penalty points. Points will be deducted in Tabulations.

Required Digital Uploads

15. The eligibility form must be uploaded as a single document, pdf preferred, by competitor:
 - a. to Tallo for the Secondary division
 - b. Uploads for ILC will be open from April 15th - May 15th for ILC qualified competitors only.

Instructions for uploading materials to Tallo (Secondary/Postsecondary divisions only) can be found [HERE](#)

NOTE: States have the option to use hard copy submissions instead of digital submissions. Please check with your State Advisor to determine what process is used in your state. For ILC, only digital submissions will be used for judging if uploaded by May 15th.

Competitor Must Provide:

- Watch with second hand (optional)
- Eligibility form (digitally submitted by state deadline)
- [Photo ID](#)

General Equipment to be provided by competitors in a first aid kit or bag:

- Cravats (5-10) (Defined as strips of cloth, triangular bandages folded into strips, roller gauze, or other similar material to tie or anchor splints in place.)
- Bandaging materials as selected by competitor (should include sterile gauze squares, roller bandages, trauma dressing and non-stick sterile dressing)
- Mouth-to-mask device (adult and infant)
- Biohazard bag
- Hand sanitizer
- Cell phone (for simulating 911 call)
- One pair of scissors
- Adhesive tape
- PPE: 4 pair of non-latex gloves, 1 set of goggles or safety glasses

Life Support Skills

Competitor ID #: _____

Judge's Signature: _____

* This skill involves a single health provider in a remote location. The rescuer has access to his/her first aid kit and, but there is no AED available

Skill I: Adult BLS/CPR (Time: 6 minutes)		Possible		Awarded
1.	Verified scene safety.	2	0	
2.	Opened first aid kit and put on PPE.	2	0	
3.	Determined unresponsiveness: tapped or gently shook shoulder, shouted "Are you OK?"	2	0	
4.	Shout for nearby help to activate the emergency response system. * Judge states, "No response and AED is not available."	1	0	
5.	Called emergency response system and stated:			
	a. Caller's name, location and phone number.	1	0	
	b. Situation, number and condition of patient(s).	1	0	
	c. Hung up when instructed by dispatcher to do so. (Verbalized that dispatcher told him/her it was ok to hang up).	1	0	
6.	Checked to see if the patient has normal breathing and a pulse for no less than 5 and no more than 10 seconds.			
	a. Check for breathing by scanning the patient's chest for rise and fall.	2	0	
	b. Performed a pulse check by feeling for a carotid pulse (located trachea using 2 or 3 fingers and slid into groove between trachea and neck muscle).	2	0	
	* Judge states, "Not breathing." or "Not breathing normally" and no pulse.			
7.	Initial Chest Compressions (30)			
	a. Positioned self at the patient's side.	1	0	
	b. Made sure patient is lying face up on a firm, flat surface.	1	0	
	c. Put the heel of one hand on the center of the patient's chest on the lower half of the breastbone.	1	0	
	d. Put the heel of the other hand on top of the first hand.	1	0	
	e. With arms straight, positioned shoulders directly over his/her hands.	1	0	
	f. Pushed hard and fast (compressions at least 2", rate of 100-120/min)	2	0	
	g. At the end of each compression, allowed the chest to recoil completely.	1	0	

Items Evaluated		Possible	Awarded
h.	30 compressions in no less than 15 and no more than 18 seconds	2 0	
8.	Initial Breaths (2)		
a.	Placed the mouth-to-mask device on the patient's face, using the bridge of the nose as a guide for correct position.	1 0	
b.	Sealed the mask on the patient's face. <ul style="list-style-type: none"> Used the hand that is closer to the top of the patient's head and placed index finger and thumb along the edge of the mask. Placed the thumb of his/her second hand along the bottom edge of the mask. 	1 0 1 0	
c.	Placed the remaining fingers of the second hand along the bony margin of the jaw and lifted the jaw.	1 0	
d.	Pushed with the hand on the patient's forehead (the heel part of the hand) to tilt the head back.	1 0	
e.	While lifting the jaw, pressed firmly and completely around the outside edge of the mask (with the fingers) to seal the mask against the face.	1 0	
f.	Delivered two breaths over 1 second each to make the chest rise.	1 0	
9.	Completed 5 cycles (about 2 minutes) of 30 compressions and 2 breaths with minimal interruptions. * Judge states, "EMS has arrived"	2 0	
10.	Appropriate verbal and nonverbal communication with patient and other personnel.	2 0	
11.	Gave information about patient to EMS rescuers.	2 0	
12.	Removed gloves properly without touching the outside of the gloves with bare hands.	2 0	
13.	Placed disposable PPE in a biohazard receptacle.	2 0	
14.	Used hand sanitizer.	1 0	
TOTAL POINTS - SKILL I		42	
70% Mastery for Skill I = 29.4			

***If a competitor jeopardizes the patient's or his/her own safety and does not take immediate action to correct the error, the total points for the skill or specific subpart(s) of the skill will be deducted.*

Life Support Skills

Competitor ID #: _____

Judge's Signature: _____

* This skill involves a single health provider in a remote location. The rescuer has access to his/her first aid kit and cell phone, but there is no AED available.

Skill II: Infant BLS/CPR (Time: 6 minutes)		Possible		Awarded
1.	Verified scene safety.	2	0	
2.	Opened first aid kit and put on PPE.	2	0	
3.	Determined unresponsiveness: tapping on foot and shouting for help	2	0	
4.	Shouted for help. * Judge states, "There is no response and AED is not available."	1	0	
5.	Checked to see if the patient has normal breathing and a pulse for no less than 5 and no more than 10 seconds.			
	a. Checked for breathing by scanning the patient's chest for rise and fall.	2	0	
	b. Performed a pulse check by feeling for brachial pulse (place 2 or 3 fingers on the inside of the upper arm, between the infant's elbow & shoulder). *Judge state, "Not breathing" or "Not breathing normally" and "no pulse".	2	0	
6.	Initial Chest Compressions (30)			
	a. Positioned self at the patient's side.	1	0	
	b. Made sure patient is lying faceup on a firm, flat surface.	1	0	
	c. Place 2 fingers in the center of the infant's chest just below the nipple line.	1	0	
	d. Push hard and fast (compressions at least 1/3 the depth of the chest or 1 ½ inches at a rate of 100-120/min).	2	0	
	e. At the end of each compression, allowed the chest to recoil completely.	1	0	
	f. 30 compressions in no less than 15 and no more than 18 seconds.	2	0	
7.	Initial Breaths (2)			
	a. Placed the mouth-to-mask device on the patient's face, using the bridge of the nose as a guide for correct position.	1	0	
	b. Opens airway adequately by placing the infants head in a neutral position.	1	0	
	c. Delivered two breathes over 1 second each to make the chest rise.	1	0	

Items Evaluated		Possible	Awarded
8.	Continued cycles of 30 compressions and 2 breaths with minimal interruptions for two minutes * Judge states, "no response after two minutes"	2 0	
9.	Called emergency response system and stated: a. Caller's name, location and phone number.	1 0	
	b. Situation, number and condition of patient(s).	1 0	
	c. Hung up when instructed by dispatcher to do so. (Verbalized that dispatcher told him/her it was ok to hang up).	1 0	
10.	Resumed and continued cycles of 30 chest compressions and 2 breaths with minimal interruptions until EMS arrives. * Judge states, "EMS has arrived and has taken over care of the patient" .	2 0	
11.	Appropriate verbal and nonverbal communication with patient and other personnel.	2 0	
12.	Gave information about the patient to EMS rescuers.	2 0	
13.	Removed gloves properly without touching the outside of the gloves with bare hands.	2 0	
14.	Placed disposable PPE in a biohazard receptacle.	2 0	
15.	Used hand sanitizer.	2 0	
TOTAL POINTS – SKILL II		39	
70% Mastery for Skill II = 27.3			

****If a competitor jeopardizes the patient's or his/her own safety and does not take immediate action to correct the error, the total points for the skill or specific subpart(s) of the skill will be deducted.**

LIFE SUPPORT SKILLS

Competitor ID #: _____ Judge's Signature: _____

* *This skill involves a single healthcare provider in a remote location. The rescuer has access to his/her first aid kit and cell phone.*

Skill III: Severe Bleeding (Time: 5 minutes)		Possible		Awarded
1.	Verified scene safety.	2	0	
2.	Opened first aid kit and put on PPE.	2	0	
3.	Checked for responsiveness and breathing.	2	0	
4.	Introduced self and asked for permission to help. <i>* Patient consents to treatment.</i>	2	0	
5.	Quickly assessed the situation. (Asked what happened, noted bleeding.)	2	0	
6.	Looked for medical information jewelry.	2	0	
7.	Called Emergency Medical Services and stated:			
	a. Caller's name, location and phone number.	1	0	
	b. Situation, number and condition of patient(s).	1	0	
	c. Hung up when instructed to by dispatcher. (Verbalized that dispatcher told him/her it is OK to hang up.)	1	0	
8.	Put a dressing on the wound and applied direct pressure. (Verbalized that direct pressure was maintained for at least one minute.)	2	0	
9.	Slowly released direct pressure. <i>* Judge states, "Bleeding has not stopped."</i>	1	0	
10.	Added more dressings and pressed harder. (Verbalized that direct pressure was maintained for at least one minute.)	2	0	
11.	Slowly released direct pressure. <i>* Judge states, "No further bleeding."</i>	1	0	
12.	Wrapped a bandage firmly over the dressing to hold the dressing in place. <i>* Judge states, "EMS has arrived."</i>	2	0	
13.	Communicated with and reassured patient throughout the scenario.	2	0	
14.	Appropriate verbal and nonverbal communication with patient and other personnel.	2	0	
15.	Gave information about patient to EMS rescuers.	2	0	
16.	Removed gloves properly without touching the outside of the gloves with bare hands.	2	0	
17.	Placed disposable PPE in a biohazard receptacle.	2	0	
18.	Used hand sanitizer.	1	0	
TOTAL POINTS - SKILL III		34		
70% Mastery for Skill III = 23.8				

***If a competitor jeopardizes the patient's or his/her own safety and does not take immediate action to correct the error, the total points for the skill or specific subpart(s) of the skill will be deducted.*

LIFE SUPPORT SKILLS

Competitor ID #: _____ Judge's Signature: _____

* *The patient will be sitting or standing and is NOT pregnant or obese.*

* *Note this patient will not require EMS treatment or transport.*

Skill IV: Choking (Time: 3 minutes)		Possible	Awarded
1.	Observed a patient with signs of severe airway obstruction. (Verbalized, for the judges, the signs of severe airway obstruction that were observed.)	2 0	
2.	Asked the patient if he or she is choking. <i>* Patient nods head yes and cannot talk.</i>	2 0	
3.	Introduced self and asked for permission to help. <i>* Patient nods head yes and cannot talk.</i>	2 0	
4.	Stood behind the patient and wrapped arms around the patient's waist.	2 0	
5.	Made a fist with one hand.	1 0	
6.	Placed the thumb side of fist against the patient's abdomen, in the midline, slightly above the navel and well below the breastbone.	2 0	
7.	Grasped fist with other hand and SIMULATED pressing fist into the patient's abdomen with a quick, forceful upward thrust. (DO NOT actually perform an abdominal thrust on the patient for this scenario.)	2 0	
8.	Repeated thrusts (SIMULATED) until object is expelled from the airway, giving each new thrust with a separate, distinct movement to relieve the obstruction. <i>* Judge states, "Object is expelled."</i>	2 0	
9.	Called Emergency Medical Services and stated:		
	a. Caller's name, location and phone number.	1 0	
	b. Situation, number and condition of both patient(s)	1 0	
	c. Hung up when instructed to by dispatcher. (Verbalized that dispatcher told him/her it is OK to hang up.)	1 0	
Summary Steps			
10.	Communicated with and reassured patient throughout the scenario.	2 0	
11.	Appropriate verbal and nonverbal communication with patient and other personnel.	2 0	
12.	Used hand sanitizer.	2 0	
TOTAL POINTS - SKILL IV		24	
70% Mastery for Skill IV= 16.8			

***If a competitor jeopardizes the patient's or his/her own safety and does not take immediate action to correct the error, the total points for the skill or specific subpart(s) of the skill will be deducted.*

LIFE SUPPORT SKILLS

Competitor ID #: _____ Judge's Signature: _____

* *This skill involves a single healthcare provider in a remote location. The rescuer has access to his/her first aid kit and cell phone.*

Skill V: Broken Bone/Sprain and Splinting (5 minutes)		Possible		Awarded
1.	Verified scene safety.	2	0	
2.	Opened first aid kit and put on PPE.	2	0	
3.	Checked for responsiveness and breathing.	2	0	
4.	Introduced self and asked for permission to help. <i>* Patient consents to treatment.</i>	2	0	
5.	Quickly assessed the situation (asked the patient what happened), noting that the injured part is abnormally bent.	2	0	
6.	Looked for medical information jewelry.	2	0	
7.	Put a plastic bag filled with ice and water, or a cold pack, on the injured area with a towel between the ice bag and the skin.	2	0	
8.	Called Emergency Medical Services and stated:			
	a. Caller's name, location and phone number.	1	0	
	b. Situation, number and condition of patient(s) noting that ice has been applied and that the injured part is abnormally bent.	1	0	
	c. Hung up when instructed to by dispatcher. (Verbalized that dispatcher told him/her it is OK to hang up.) * Judge states, "Remove the ice pack and splint the injured part."	1	0	
9.	Made a splint from appropriate available materials in the room that limits movement of the injury.	2	0	
10.	Placed the splint so that it supported the joints above and below the injury (as appropriate to the location of the injury).	1	0	
11.	Secured the splint to the injured body part so that it supported the injured area using tape, gauze or cloth to secure it.	2	0	
12.	Checked to be sure the splint was not too tight by putting two fingers between the splint and injured body part. * Judge states, "The EMS has arrived."	1	0	
13.	Communicated with and reassured patient throughout the scenario.	2	0	
14.	Appropriate verbal and nonverbal communication with patient and other personnel.	2	0	
15.	Gave information about patient to EMS rescuers.	2	0	
16.	Removed gloves properly without touching the outside of the gloves with bare hands.	2	0	

Items Evaluated	Possible	Awarded
17. Placed disposable PPE in a biohazard receptacle.	2 0	
18. Used hand sanitizer.	1 0	
TOTAL POINTS – SKILL V 70% Mastery for Skill V = 23.8	34	

***If a competitor jeopardizes the patient's or his/her own safety and does not take immediate action to correct the error, the total points for the skill or specific subpart(s) of the skill will be deducted.*

LIFE SUPPORT SKILLS

Competitor ID #: _____ Judge's Signature: _____

Skill VI: Heat-Related Emergency (5 minutes)		Possible	Awarded
1.	Verified scene safety.	2 0	
2.	Opened first aid kit and put on PPE.	2 0	
3.	Checked for responsiveness and breathing.	2 0	
4.	Introduced self and asked for permission to help. <i>* Patient consents to treatment.</i>	2 0	
5.	Quickly assessed the situation. (asked what happened.)	2 0	
6.	Looked for medical information jewelry.	2 0	
7.	Observed patient closely for signs and symptoms of heat exposure. Information may be obtained directly from patient or observers.	2 0	
8.	Correctly verbalized to judge if patient has heat exhaustion or heat stroke.	2 0	
9.	Called Emergency Medical Services and stated:		
	a. Caller's name, location and phone number.	1 0	
	b. Situation, number and condition of patient	1 0	
	c. Hung up when instructed to by dispatcher. (Verbalized that dispatcher told him/her it is OK to hang up.)	1 0	
10.	HEAT EXHAUSTION or HEAT STROKE:	2 0	
	a. Had the patient lie down in a cool area (if possible).		
	b. Loosened tight clothing & removed excessive clothing.	2 0	
	c. Applied cool, wet cloths to the patient's face. <i>* Judge states, "Patient is conscious."</i>	2 0	
	d. Gave small sips of juice, sports drink, or water (4 oz every 15 min)	2 0	
	e. If patient complained of nausea or vomiting, discontinued fluids.	2 0	
11.	Appropriate verbal and nonverbal communication with patient and other personnel.	2 0	
12.	Removed gloves properly without touching the outside of the gloves with your bare hands.	2 0	
13.	Placed disposable PPE in a biohazard receptacle.	2 0	
14.	Used hand sanitizer.	2 0	
TOTAL POINTS – SKILL VI		37	
70% Mastery for Skill VI = 25.9			

***If a competitor jeopardizes the patient's or his/her own safety and does not take immediate action to correct the error, the total points for the skill or specific subpart(s) of the skill will be deducted.*

Life Support Skills
STUDENT ELIGIBILITY and ACCOMMODATION FORM REQUESTED
Completed by Competitor & Advisor

This form **MUST** be completed to provide student eligibility and accommodations for competition. **If the student competitor listed on this form does not get the form completed by the deadline, then the student competitor will be allowed to compete but will receive 35 penalty points. Points will be deducted in Tabulations.**

Please read this document in its entirety for instructions!

The purpose of this form is as follows:

- 1) to confirm a student's eligibility for this event
- 2) to allow the student to request accommodation in this event
- 3) The "Accommodations Provided at SLC" form (found on the following page) is to confirm what reasonable accommodation was provided at the state/chartered association level (if a student advances to the ILC, the accommodation provided at the state/chartered association level is what will be provided at ILC, within reason).

Student Name: _____

Chapter: _____ State _____

Competitor's Responsibility: The competitor is responsible for completing Sections 1 and 2 of this form and then uploading it to Tallo prior to the published deadline for SLC.

SECTION 1: Student Eligibility

- A School Official and Chapter Advisor **MUST** sign below to verify the named student on this form is classified under the provision of the 2004 reauthorized Individuals with Disabilities Education Act (IDEA). (Students classified under Section 504 are NOT eligible to compete in this event.)
- DO NOT send the actual IEP or other documentation. For purposes of this competition, only this completed form is needed as verification of eligibility for this event.

School Official* Signature: _____

*Exceptional children (special education) teacher, guidance counselor, or principal (circle one)

Chapter Advisor Signature: _____

SECTION 2: Accommodation Requested

- A School Official or Chapter Advisor completes this section
- Based on the student's IEP, what, if any, accommodation is being requested for the student to compete in this event? If none, please write "none."
(As indicated by industry, additional time is NOT considered a reasonable accommodation for this event due to the life-saving standards of the skills.)

SUBMISSION PROCESS for Regional and State/Chartered Association Level:

Once Section 1 and Section 2 are completed, the Competitor must submit this form prior to the State Published Deadline. The form is digitally submitted for ILC by following the instructions found in these guidelines. Competitors should check with their State Advisor for the process to submit this form for regional/state conferences.

Life Support Skills
ACCOMMODATIONS PROVIDED AT STATE CONFERENCE
Completed by State Advisor

State / Chartered Association: _____

State Advisor’s Responsibility: The State Advisor is responsible for submitting this entire completed form to HOSA by midnight Eastern Standard Time on May 15, 2019. The form will be submitted via the ILC Special Activity online form. If you did not have competitors in this event at your state conference, write “none” across the form and submit it. One form for each of the four special needs events (LSS, IS, PC, and SS) will be required.

Process:

- The State HOSA Advisor will be able to view individual student eligibility forms submitted from competitors for the regional/state conference in Tallo.
- The state should implement a state-level process for determining what requested accommodations (from SECTION 2 above) will or will not be provided at state conference(s).
- The State HOSA Advisor or other Competitive Event leader from the state/chartered association level, who is familiar with the details of the event, completes this form.
 - Ideally this form will be completed on-site, during competition, so as to provide an accurate record of what accommodation was given to each competitor in this event.
 - List ALL competitors registered for this event at your state conference (make copies of this page as needed)
- What accommodation WAS ACTUALLY PROVIDED at the state conference? Please be specific and explain. If nothing different was done for this competitor, please write, “none.”

Competitor Name & School	Accommodation Provided at SLC
<i>John Doe – ABC High School</i>	<i>None</i>
<i>Jane Doe – DEF Career Center</i>	<i>Clarified directions for competitor when asked</i>

For competition at the ILC, HOSA will provide the same accommodations that were provided at the state/chartered association level, within reason.

State Advisor Signature _____