

Florida Public Service Association, Inc.



FPSA CPR /First Aid

Revised 07/23/2022

Purpose: To provide the FPSA member with an opportunity to demonstrate knowledge and skills as a team in BLS/CPR with AED.

Description of Event: This event will consist of two rounds of competitions for a 2- person team. Round one is a written, multiple- choice test. The written test will measure knowledge and understanding of BLS/CPR with AED. Both competitors will take a written exam. The test scores from round one will be used in the final score for the team. In round two the team will demonstrate selected skill(s) identified in a written scenario. The scenario will require the use of critical thinking skills. The performance will be timed and evaluated according to the event guidelines.

Limit: 1 teams of 2 person rescuers per chapter

Dress Code: Appropriate dress to include chapter uniform, or FPSA attire, closed toe shoes.

Rules and Procedures:

1. The test will consist of fifty (50) multiple choice items. The scores of the two team members will be averaged for one composite score and will be used as a part of the final score for the event.

Round One: Written Test Plan

Basic Life Support.....

General concepts

BLS/CPR for adults, children and infants

AED for Adults, Children and infants

Mouth to mouth/ Rescue breathing

Relief of choking

2. All competitors will report to the event test room for instructions and written exam.
3. **Both competitors must present a current CPR certification card to the judge prior to taking the written test.**
4. Competitors will have 60 minutes to complete the written exam. A 15-minute verbal warning will be given by the test proctor.
5. References used for the development of the written test:
 - a. American Heart Association, Basic Life Support, latest edition
 - b. American heart association, Heartsaver First Aid CPR AED, latest edition
6. The test score from round one will be averaged and added to the final score for the team.
7. Round two will be Adult BLS/CPR with AED 2 person teams.
8. Both teammates must report with the proper equipment to perform the scenario.
9. Proper measurement of compressions and rate of compressions will be measured and used toward evaluation grade.
10. In the event of a tied score, a scenario within the guidelines of AHA Choking with BLS/CPR with AED.

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11. A **twelve (12) minute maximum time limit** has been set for reviewing the scenario and caring for the patients (skill performance). Timing will begin when the scenario is presented to the team. Competitors will be stopped at the end of the twelve (12) minute time limit.
12. The scenario is a secret topic. Professional ethics demand that competitors **DO NOT** discuss or reveal the secret topic until after the event has concluded.
13. Competitors must complete all steps of the skill listed in the guidelines even if the steps must be simulated/verbalized. (If the equipment is available, the competitors would complete all steps of the skill as the scenario warrants. If the equipment is **NOT** available, the competitors would simulate/verbalize the steps.)
14. If a student 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.
15. In the performance of the skill scenario, competitors are required to follow the highest standard of care when treating victims. Competitors should follow the steps on the rating sheet unless the highest standard of care required differs from the steps on the rating sheet. Judges will know when the treatment of victim/patients differs slightly from the rating sheet and when the competitors provide medically appropriate care and will award points accordingly.

General Equipment to be provided by competitors:

- Mouth-to-mask device
- Hand sanitizer
- Cell phone (for simulating 911 call)
- One pair of scissors
- Adhesive tape
- PPE: 10 pair of non- latex gloves, 2 sets of goggles or safety glasses

** Teams have the option of bringing one kit per person or one kit per team - and should **ONLY** bring the materials listed above.*

**AED trainer, CPR manikins, written test and score sheets will be provided*

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Note: FPSA follows **American Heart Association** guidelines for CPR for healthcare providers. Steps may differ from those recommended by the American Red Cross. For competition purposes, competitors must follow the steps listed in the guidelines for this event.

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BLS/CPR- Rescuer 1

Team #: _____

Judge's Signature: _____

* Rescuer 2 will start this skill, and then Rescuer 1 will come to his/her assistance following steps on skill IX

Adult BLS with AED – Rescuer 1 Initiates	Possible	Awarded
1. Verified scene safety.	2 0	
2. Opened a 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 to Rescuer 2 to activate the emergency response system and get an AED/defibrillator.	1 0	
5. Checked to see if the patient has a 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 a carotid pulse (located trachea using 2 or more fingers and slid into groove between trachea and neck muscle). * The judge states, "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. Make 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) (MEASURING DEVICE WILL BE USED FOR DEPTH)	2 0	
g. At the end of each compression, allow the chest to recoil completely.	1 0	
h. 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	

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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	

Skill VIII: Adult BLS/CPR – Rescuer 2 (continued)	Possible		Awarded
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	
8. Continued cycles of 30 compressions and 2 breaths with minimal interruptions until Rescuer 2 arrived with AED. Continued compressions while Rescuer 2 prepared AED.	2	0	
9. Rescuer 2 – Turned on AED and applied pads and attached electrodes.	*		
10. Rescuer 2- cleared patient and allowed AED to analyze.	*		
11. Rescuer 1- moved to head to prepare for bag-mask ventilation.	1	0	
12. Rescuer 2 – If AED indicated a shockable rhythm, cleared the patient again and delivered shock.	*		
<i>The remaining steps are performed by Rescuer 1.</i>			
13. If no shock is indicated or immediately after any shock is delivered, wait for Rescuer 2 to complete 30 chest compressions before delivering 2 breaths with mouth to mask or bag valve mask.	2	0	
14. Positioned directly above the patient's head, holding the moth to mask or bag-mask.	1	0	
15. Used the E-C clamp technique			
a. Performed a head tilt.	1	0	
b. Placed the mask on the patient's face, using the bridge of the nose as a guide for correct position.	1	0	
c. Used the thumb and index finger of one hand to make a "C" on the side of the mask, pressing the edges of the mask to the face.	1	0	

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d. Use the remaining fingers to lift the angles of the jaw (3 fingers form an "E"), open the airway, and press the face to the mask.	1	0	
16. Use mouth to mask or bag valve mask to give two breaths after every 30 compressions for 1 second each.	2	0	
17. Responded to Rescuer 2's call to switch roles after five (5) cycles, taking less than 10 seconds to complete the switch and resume with chest compressions.	2	0	
18. Performed chest compressions, counting aloud, using a compressions to breaths ratio of 30:2. *Judge states "EMS has arrived and has taken over care of the patient."	2	0	
19. Appropriate verbal and nonverbal communication with patients and other personnel.	2	0	
20. Gave information about patients to EMS rescuers.	2	0	

Skill VIII: Adult BLS/CPR – Rescuer 2 (continued)	Possible	Awarded
21. Removed gloves properly without touching the outside of the gloves with bare hands.	2	0
22. Placed disposable PPE in a biohazard bag.	2	0
23. Used hand sanitizer.	2	0
TOTAL POINTS	54	

*** In possible score indicates not score for rescuer 1 will be scored on rescuer 2 sheet**

****If a student 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.**

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BLS/CPR – Rescuer 2

Note: Variations in AED equipment should be taken into consideration when using this rating tool to evaluate student performance. Adjustments to this rating sheet should support fair and equal treatment of all competitors.

Team #:

Judge's Signature:

Adult BLS with AED – Rescuer 2 Assists	Possible	Awarded
1. Rescuer 2 will leave to designated area to activate the emergency response system and retrieve the AED from the	1	0
2. Rescuer 2 will arrive to scene put on gloves	1	0
3. Rescuer 2 – Turned on AED and applied pads and attaches electrodes.	2	0
4. Rescuer 2 cleared the patient and allowed AED to analyze.	2	0
5. Rescuer 1 moved to head to prepare for mouth to mask or bag-mask ventilation.	*	
6. Rescuer 2 – If AED indicated a shockable rhythm, cleared the patient again and delivered shock.	2	0
7. If no shock is indicated or immediately after any shock is delivered, begin chest compressions.		
a. Positioned self at the patient's side.	1	0
b. Put the heel of one hand on the center of the patient's chest on the lower half of the breastbone.	1	0
c. Put the heel of the other hand on top of the first hand.	1	0
d. With arms straight, positioned shoulders directly over his/her hands.	1	0
e. Pushed hard and fast (compressions at least 2", rate of 100-120/min.) (MEASURING DEVICE WILL BE USED FOR DEPTH)	2	0
f. At the end of each compression, allowed the chest to recoil completely.	1	0
g. Count compressions aloud.	2	0
h. 30 compressions in no less than 15 and no more than 18 seconds	2	0
7. Called for Rescuer 1 to switch roles after five (5) cycles, taking less than 10 seconds to complete the switch and begin ventilation.	2	0
8. Took a bag-mask and positioned self directly above the patient's head.	2	0
9. Used the E-C clamp technique		
a. Perform a head tilt.	1	0
b. Placed the mask on the patient's face, using the bridge of the nose as a guide for correct position.	1	0
c. Used the thumb and index finger of one hand to make a "C" on the side of the mask, pressing the edges of the mask to the face.	1	0

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d. Use the remaining fingers to lift the angles of the jaw (3 fingers form an "E"), open the airway, and press the face to the mask.	1	0	
10. Use mouth to mask or bag valve mask to give two breaths after every 30 compressions for 1 second each. *Judge states "EMS has arrived & has taken over care of the patient."	2	0	
11. Removed gloves properly without touching the outside of the gloves with bare hands.	2	0	
22. Placed disposable PPE in a biohazard bag.	2	0	
23. Used hand sanitizer	2	0	
TOTAL POINTS		35	

*** In possible score indicates not score for rescuer 1 will be scored on rescuer 2 sheet**

****If a student 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.**



BLS/CPR – Choking Tie Breaker

Team #: _____

Judge's Signature: _____

The patient will be sitting or standing and is NOT pregnant or obese. This patient will not require EMS treatment or transport

Choking – TO BE USED AS A TIE BREAKER		Possible	Awarded
1.	Observed a patient with signs of severe airway obstruction. (Rescuer 1 verbalized, for the judges, that the patient showed signs of severe airway obstruction that were observed.)	2 0	
2.	Asked the patient if he or she is choking. * The patient nods head yes and cannot talk.	2 0	
3.	Call to Rescuer 2 to call for help. (DOES NOT RETURN TILL JUDGE ADVISES)	1 0	
4.	I introduced myself and asked for permission to help. * The patient nods head yes and cannot talk.	2 0	
5.	Stood behind the patient and wrapped arms around the patient's waist.	2 0	
6.	Made a fist with one hand.	1 0	
7.	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	
8.	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	
9.	Repeated thrusts (SIMULATED) until object is expelled from the airway or patient becomes unresponsive, giving each new thrust with a separate, distinct movement to relieve the obstruction. * The judge states, "Object is expelled."	2 0	
Rescuer 2 will leave to a designated place to call Emergency Medical Services and will be given the appropriate points below			
10.	Rescuer 2 called Emergency Medical Services and stated:		
	a. Caller's name, location and phone number.	2 0	
	b. Situation, number and condition of both patient(s)	2 0	
	c. Hung up when instructed by the dispatcher. (Verbalized that the dispatcher told him/her it is OK to hang up.)	2 0	
11.	Rescuer 2 returns to rescuer 1 to assist with patient care	1 0	
12.	Opened a first aid kit and put on PPE (or changed gloves).	2 0	

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13. Gave information about victim to EMS	1	0	
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Choking <i>(continued)</i>	Possible	Awarde d
Summary Steps		
13. Appropriate verbal and nonverbal communication with patients and other personnel.	2 0	
14. Removed gloves properly without touching the outside of the gloves with bare hands.	2 0	
15. Placed disposable PPE in a biohazard receptacle.	2 0	
16. Used hand sanitizer.	2 0	
TOTAL POINTS - Choking	34	

***If a student 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.*



CPR Scoring Guidelines

Student Name		Final Score	
School Name			
Judge's Name		Judge's Signature	
Judge's Name		Judge's Signature	

To Evaluator: circle point value as student performs task	P	F
Checks the scene and verbalizes the scene is safe. Dons proper PPE (medical gloves if available) (the student must move patient or correct any unsafe condition for credit)	+10	0
Checks for response: tap and shout (the student may identify themselves as a first responder or similar)	+5	0
Tells someone to call 911 and find an Automatic External Defibrillator (AED) (the AED is brought to student during 4th set of compressions)	+5	0
Checks for no breathing or only gasping (5-10 seconds) by opening an airway by head- tilt/chin-lift and watching for chest rise and fall	+5	0
Locates hand placement for compressions Remove clothing as necessary and locates hands on lower half of breastbone	+5	0
Delivers first set of compressions 30 compressions in 18 seconds (100 per minute) at a depth of 2" in at least 23 of 30 compressions	+5	0
Gives 2 breaths with a pocket mask/BVM Must have full chest rise and fall in at least one breath and deliver both breaths in 10 seconds or less. Rescuers <i>must</i> use a barrier device, such as a pocket mask or similar. Completes 5 rounds of 30:2 at a rate of 100 per minute (+5 for each correct cycle)	+5	0
__(2) _ (3) _ (4) _ (5) Notes: When AED arrives: (during 4 th set of compressions)		
Rescuer stops CPR and turns on AED immediately upon arrival	+5	0
Follows instructions given by AED with pad placement and defibrillation instructions. (the AED will advise that shock is advised, and rescuer will administer shock)	+5	0
Continues at least one round of CPR after first shock as advised by AED.	+5	0
Total top section: (75 possible points for top section)		
Critical Failures: (Subtract 10 points for each infraction)		
o Does not correct an unsafe scene, or other unsafe action; improper PPE		
o Does any task out of order (10 points per infraction)		
o Does not check for breathing by looking for chest rise and fall, or does not spend at least 5 sec. or spends more than 10 sec. checking for breathing		
o Improper hand placement		
o CPR compression rate is too fast or too slow		
o No effective breaths due to improper technique		

Total bottom half: _____

Total: Add or subtract top and bottom section points to determine final score. _____



CPR

Judge's Winner Sheet

1st Place School _____

Student _____

2nd Place School _____

Student _____

3rd Place School _____

Student _____

4th Place School _____

Student _____

5th Place School _____

Student _____