

**SECTION II**  
**2021**  
**FIRST AID RULES**



**2021 FIRST AID  
RULES INDEX**

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## FIRST AID RULES

### GENERAL RULES

First Aid rules were designed as a training tool for first aid teams. They were developed for contest purposes only. Discretion should be used in actual mine emergency situations.

1. The Contest Director(s) will establish a reasonable amount of time for each team to complete the problem. All teams will be notified of the established time prior to beginning to work the problem. Any teams working beyond the established time period will be notified by the Judge that they must leave the station.
2. Problems will be kept in unsealed envelopes, retained by the judges, and given to the team after the timing device has been started. Judges shall place the patient in the required position as stated in the problem to be worked.
  - A. If props are to be utilized during the working of the problem, such props must be readily available to the working teams and in working condition. Props (except props used to simulate an injury) must be identified by the judges to the team members prior to starting the timing device and must be located within the designated working area. Props will not be utilized in lieu of first aid equipment for treatment of patient(s). Props will be limited to items related to communication and mechanism of injury for effects unless skill sheets are provided. Props shall be within the application of the skill sheets used for treatment of the injury/conditions.
3. The First Aid team must furnish the basic first aid supplies needed to complete the problem unless specified by the contest coordinator that the supplies will be available at a specific station.
  - A. The material list below is a recommended materials list that could be used to treat injuries.
  - B. Problems should be designed utilizing no more than the minimum material listed below.
  - C. For contest purposes, all bandaging materials will be considered sterile. For contest purposes only four by four dressings need not be opened before use for treatment.

## MATERIALS LIST

- 24 Triangular Bandages
- 6 Adhesive compresses
- 24 Sterile gauze, (4" x 4") and/or 4" Compresses
- 6 Roller Bandages
- 3 Blankets
- 1 Scissors, EMT Utility
- 6 Pairs of Examination Gloves
- 2 Mask/face shields or masks and goggles combination meeting blood borne pathogen requirements
- 2 Heat Pack - Simulated
- 4 Cold packs - Simulated
- 2 Oval Eye Pads
- 1 Pen and paper set
- 1 Barrier devices with one-way valve for performing AV/CPR
- 1 White bag (i.e. plastic garbage bag)
- 1 Compliment of splints (may be pre-padded but not assembled)
- 1 Long back board with straps (Aluminum, Wood, etc.)
- 2 Air splints (1 full arm and 1 full leg)
- 1 Adhesive Tape
- 1 Burn Sheet, Sterile (40" x 80" minimum)
- 1 Rigid Extrication Collar
- 4 Trauma Dressings (minimum of 10" X 30")
- 1 Eye Shield/Cup
- 1 Pen Light
- 4 Tourniquets (a device used to cut off all blood supply)
- 2 Towels
- 1 Pillow
- 4 Occlusive Dressing
- 2 Sticks, Wooden Dowels or equivalent
- 1 Watch/Timing Device
- 1 Headset (long spine board)
- 1 500 ml sterile water (for contest purposes expiration date not applicable)
- Compliment of Straps for Long Spine Board (buckle straps, spider straps, etc.)
- Automated External Defibrillator Training Unit (do not power up)

4. All injuries presented during the First Aid Problem if feasible will be created using moulage to be as realistic as possible. If feasible no tape, tattoos, or photos describing the injury will be used. All material used to solve the first aid problem **will** be picked-up by the team prior to moving on to their next prospective station.
  - A. Local/Regional contests may use the following for the creation of injuries (if not using moulage). Injuries/conditions requiring treatment will be identified by cards, envelopes or labels attached to the patient at or as near the location of the injury as possible on the outside of the clothing, be identified by simulated wounds, or be in the reading of the problem. Signs, symptoms or mechanisms of injury may be used. If signs and symptoms are used, all signs and symptoms shall be identified by cards, envelopes or labels placed on patient. All signs and symptoms will be given to the teams in writing. Wounds that are listed in the reading of the problem shall also be placed on patient. (Exception: If the wound is on the eyelid or an impaled object in the eye, the label will NOT be placed on the eye, but in an obvious area near the eye.)
  - B. During the initial or patient assessment, teams may find an envelope attached to the patient(s) or be provided an envelope by the judges which contains patient information that needs immediate attention. If repositioning of patient(s) is required for treatment, patient(s) must be placed in the proper position prior to treatment. Upon completion of treatment of these conditions, the initial or patient assessment will be resumed at the point where team left off. The patient(s) will already be marked upon arrival of the team.
  - C. If used Lettering on the cards and/or labels will be at least 1/4-inch in height and all life threatening conditions will be in red.

Example: 2-INCH WOUND ON FOREHEAD

If required by the problem, Cardiopulmonary Resuscitation (CPR) with an AED and rescue breathing will only be performed on a manikin. A barrier device must be used when contacting manikin. The face masks/shields may be removed when the team is required to give artificial ventilation, CPR, inflating splints, etc.

5. **WARNING ...** Any team whose member(s) intentionally disturb or destroy any component on a competition field will immediately be disqualified. This is to be determined/concurred by at least two judges and after consultation with Contest Director(s).

## GUIDELINES AND PROCEDURES

1. A first aid team will consist of three members of the 8-person registered mine rescue team.
2. Multiple first aid teams from a single mine rescue team may enter the event.
3. The first aid team members who will be associated with the mine rescue team for the combination award must be designated at the time the mine rescue team is registered.
4. Changes to the designated first aid team members may be made up to the time the team members report for lock-up prior to their event. This change will be submitted, in writing, to the Chief Judge of the First Aid event and/or the Contest Director(s), and must be signed by a representative of the team and the Contest Official.
5. First aid teams not designated to a mine rescue team for the combination award can compete in the First Aid event, and their scores will only be used to determine their ranking within that event.
6. Registration for the first aid team(s) competition will be made during the mine rescue team registration.
7. All first aid team members **will** remain in isolation until their team is called. Teams **will** receive a briefing on the problem scenario when they arrive at the first aid station.
8. Each participating team must be under guard before the start of the contest. Any team or team member receiving information concerning a contest problem prior to arriving at the working area will be disqualified by the Chief Judge and Director(s).

If participating teams need additional help, such as transporting or moving a patient, help will be provided by contest officials.

9. There will be a minimum of two (2) judges at the first aid station.
10. Judges will be assigned specific tasks to be scored prior to the judging and will record their findings on a specific scoring card issued prior to the contest.
11. Judges must be trained in first aid methods and knowledgeable in the scenario they will be judging.

12. There will be one first aid station, including:
  - A. Patient assessment, control of bleeding, physical shock, wounds, burns, scalds, musculoskeletal injuries, and transportation.
  - B. Cardiopulmonary Resuscitation (CPR) with and AED and Artificial Respiration may be incorporated into the problem.

**NOTE:** Teams must provide their own recording manikin.

13. Problems will be kept in unsealed envelopes, retained by the judges, and given to the team after the timing device has been started. Judges shall place the patient in the required position as stated in the problem to be worked. The working time for a problem will start when the team starts the timing device.
14. The problem will end and teams will stop the timing device when all conditions have been located, and treated. The timekeeper/judge must time the problem in minutes and seconds and consult with the team upon completion of the problem to verify the time.
15. Problem will be designed from the Skill Sheets approved by the Rules Committee. Teams will be required to triage the accident scene. Problem may have up to three patients at the scene.
16. Contest officials will designate a space (15 feet by 15 feet minimum) for teams to work, with a minimum of 3 feet by 15 feet area for the team's equipment. All equipment and team members will be kept behind a baseline designated by a contest official. All problems will be worked in the designated area which shall contain only the judges, bystanders/patients and the contesting teams.
17. After stopping the timing device, team members will remain with the patient(s) until released by the judges. Any physical treatment(s) not performed, i.e. bandage, splint not correctly placed or utilized will be pointed out to team at this time. \*\*No docks will be added for any physical treatment(s) not performed, i.e. bandage, splint not correctly placed or utilized that was not pointed out after the team leaves the working field.
18. If no time limit is set for the problem, a calculated time will be determined by contest officials by averaging the working time of all teams participating in the contest (1 discount per 3 minute overtime or fraction thereof). When a time limit is utilized the average working time will not be in problems.
  - A. The accumulation of individual discounts within a procedure shall not exceed the discounts for failure to perform that procedure. (Example AV, CPR, etc.)

19. Judges must keep an accurate time and record it on scoring sheets for tiebreaker purposes.
20. Judges will not discuss any first aid problem with team members (prior to the working of the problem) unless there are technical problems.
21. Only judges, contest officials, escorted photographers, and news media approved by the Contest Director(s) will be permitted in the first aid station. A separate area will be provided for spectators to observe the teams during competition.
22. On the day prior to the contest, a meeting will be held to discuss officials' and judges assignments and training.
23. The Eleventh Edition of Brady "Emergency Medical Responder - First on the Scene" (Chapters: 3, 4, 6, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23 and 27), and the current American Heart Association BLS Student Handbook (as of January 1<sup>st</sup> of the contest year) are authorized for reference and guidance.
24. The team will not be permitted to use first aid manuals for reference purposes during the working of the problem. No practicing will be allowed on the field before the beginning of the contest, with the exception of familiarization of AED and Manikin.
25. If oxygen is required in the treatment of a patient, it will be simulated with the use of a mask. No oxygen tank will be required.
26. Liquids applied for the purposes of washing eyes, moistening dressings, and rinsing contaminated skin may be simulated. All dressings and splints must be placed properly. (If traction splints are used "DO NOT APPLY TRACTION TO THE SPLINT")
27. Team members are not allowed to leave the working area to obtain materials for the problem.
28. Rough treatment of patient is not allowed.

Handling of a patient by a team or team member in such a manner that could compromise condition of the patient. (Examples: Mishandling extremities, stepping across patient, etc.) (Straddling is only acceptable for patient loading during 2 person extremity lift, or fireman's drag.) (This does not include the rolling of the patient to the side that is injured or rolling a patient more than one time that has signs/symptoms of spinal injury. When teams are required to roll a patient with signs/symptoms of spinal injury, the correct log roll procedure skill sheet for the selected log roll technique, whether it is two or three person log roll will be followed).

29. If a tourniquet is required in First Aid problem, do not secure tightly. Upon proper application of the tourniquet (as per skill sheet), bleeding will be considered controlled and acknowledged by the judge.
30. Assistance in treatment from a supposedly unconscious patient (if patient is provided by the working team) is not allowed. Patient cannot talk, direct, or assist unless stated in the problem. (Reactionary or unintentional movements by the patient should not be discounted)
31. A predetermined amount of trophies will be awarded for the First Aid Competition based on the best cumulative team scores (least amount of discounts).

### **TIES**

In the event of ties in the contest, Scorecard A (First Aid Procedures and Critical Skills) discounts will be the first tie breaker, Scorecard B (AV/CPR) discounts will be the second tie breaker, written exam will be the third tie breaker and actual working time, in minutes and seconds, of the team will be the fourth tie breaker.

### **WRITTEN EXAMINATION**

1. During isolation, contest officials will administer a written examination to the three working team members of each working team.
2. The written examination will consist of 15 multiple choice questions taken from the review questions and glossaries of the Eleventh Edition of Brady "Emergency Medical Responder - First on the Scene" taken from (Chapters: 3, 4, 6, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 22, 23 and 27 and the most current edition of American Heart Association BLS Student Handbook (as of January 1<sup>st</sup> of the contest year).
3. Each question shall contain a blank space which shall represent a key word, with no more than two consecutive blanks per statement. Answers will be multiple choice with three choices. Answers will not be intentionally misspelled. "None of the above" shall not be used as one of the choices.
4. A maximum of 20 minutes will be allowed for the team member to take the test.
5. Team members taking the written examination will not be permitted to take any written material or information into the testing area.

6. No wireless communication or electronic device, including Apple watches or similar devices, will be permitted in the testing area.
7. There will be no discussion during the time that written examinations are being taken.
8. Team members from the same team will not be allowed to sit at the same table while taking the written examination.
9. In any case, the judges will not explain the meaning of questions.
10. Scoring of the test will be completed by at least two qualified judges.

### **APPEALS**

1. Upon completion of the examination of the patient by the judges, the team will be informed of any infractions regarding treatment while at the station. The team will be permitted to verbally appeal any infractions either with the field judge or the chief judge. If not resolved, the chief judge will make the final decision until an appeal can be filed by the team.
2. During the verbal appeal process, all questionable splints/dressings must remain intact until any verbal appeal is resolved. If any questionable splints/dressings are removed or altered by the team prior to being resolved, the appeal will not be allowed.
3. At the conclusion of the competition, the team members will be instructed to report to the area designated for 30-minute looks. A schedule will be posted near the 30-minute look location. The first aid team and team trainer will have thirty (30) minutes to review the judges' scorecards and the team's written test scores. At the conclusion of the 30-minute look, the first aid team and/or trainer may submit a written appeal for any discount received to the person in charge of the review. written appeals are not to exceed one page for any discount assessed and will be forwarded to the First Aid Appeals Committee. No additional appeals will be accepted after the 30-minute look.
4. Documentation (contest rules and other documents used in the contest) supporting the appeal will be accepted. Any protest(s) will be considered by the First Aid Appeals Committee. A discount summary sheet will be used to list the discounts. All discounts except time will be listed and totaled. Both the first aid team and the review judge will sign the team discount summary sheet to certify they have reviewed the discounts and verified the totals. All appeals will be considered by the committee and their decision will be binding and final.

5. If a wireless internet connection is available, the Contest Director(s) may approve an option where the teams can review their results electronically. In those cases, the team must provide an email address that will be used for the review on the form provided at registration. The form must be completed and submitted at registration. Contest officials will email the scorecards, written examination, etc. to the email address on record when they are ready for review. The team will have 45 minutes to review the material starting upon the "read receipt" of the email, but no more than two hours from the time it was posted outside the appeals area, and email any protests back to the Contest Officials.

## DISCOUNTS

1. The team is required to call for help/call 911, once during the working of the problem. This statement must be made prior to starting triage.
2. Each critical skill identified with an asterisk (\*) shall be clearly verbalized by the team as it is being conducted.
3. When using acronyms required in the Eleventh Edition of Brady "Emergency Medical Responder – First on the Scene" i.e. BP-DOC and after initially stating what it stands for, the team will not be required to explain the Acronym again.
4. Discounts will not be added to the team score once the judges have signed their discount sheets following a review with team members. This does not preclude changes due to administrative errors or a misapplication of a rule.
5. Teams will not be discounted more than once for any one mistake in the same problem where such mistake may qualify under more than one discount. Judges will confer and assess the highest single discount.
6. Teams will be additionally discounted for repetition of the same mistakes in the same problem. For example; improper bandaging on two separate wounds (2 times the appropriate discount), three granny knots (3 times the appropriate discount), etc.
7. Teams will not be discounted for doing more than the problem call for, unless it is detrimental to the patient or improper care.
8. If the discount is not listed on the discount sheet and if it is not covered under one of the approved rules of the contest, judges will not improvise a discount to cover the suspected violation.
9. Prior to stopping the clock, the team must reassess the patient's level of consciousness, respiratory status and patient response.

10. If moulage is not being used Teams must make statement to judge, "Removing clothing; exposing and cleaning wound surface(s)". This statement is only required to be made once during the working of the problem, prior to treating first wound.
11. Rapid Assessment consists of Initial Assessment and Patient Assessment.
12. If the Rapid Assessment has been performed, all life threatening injuries are treated, and transportation is delayed the detailed patient assessment will be performed and will consist only of the procedures (no critical skills on patient assessment) with treating all injuries when found.

<b>Information for this table taken from Chart figure 27.5- Start Triage System</b>				
	<b>IMMEDIATE</b>	<b>DELAYED</b>	<b>MINOR</b>	<b>DECEASED</b>
<b>Respirations</b>	<b>&gt;30 per minute</b>	<b>&lt;30 per minute</b>	<b>&lt;30 per minute</b>	<b>Absent</b>
<b>Perfusion</b>	<b>Capillary refill &gt;2 seconds or radial pulse absent</b>	<b>Capillary refill &lt;2 seconds or radial pulse present</b>	<b>Capillary refill &lt;2 seconds or radial pulse present</b>	<b>Absent</b>
<b>Mental Status</b>	<b>Unable to follow commands</b>	<b>Able to follow commands</b>	<b>Able to follow commands (Can Walk)</b>	<b>Absent</b>

**Table Reference:** Emergency Medical Responder, Eleventh edition by Le Baudour and Bergeron

### IMMEDIATE

Teams will systematically conduct initial assessment, treating all life-threatening injuries/conditions. When one or more of the conditions listed in rule 26 is encountered the team will perform a rapid patient assessment according to the patient assessment skill sheet. To perform a rapid patient assessment, teams will examine each area of the body in its entirety, verbalizing critical skills and injuries/conditions found. No treatment is required for non-life-threatening conditions/injuries found during the rapid patient assessment.

After completing rapid assessment and treating life threatening conditions, if transportation is delayed patient treatment will continue until transportation is available. A detailed patient assessment would be required, treating conditions/injuries as found. Straps may be released as necessary. Support would have to be taken as required. Team will re-strap and transport when transportation is available or treatment completed. Patient is then prepared for

transport and/or transported as required by written problem. To prepare for transportation, a team will be required to properly place and secure a patient on a backboard as outlined in the skill sheets, cover with a blanket the team will verbalize - "transporting patient". (If instructions are given that transportation is delayed prior to or during a rapid assessment a complete detailed patient assessment only will be required)

### DELAYED

Teams will systematically conduct the patient assessment according to procedures of the patient assessment skill sheet. Each area of the body shall be examined in its entirety prior to treating injuries in that area (except taking support). All injuries must be treated on the area being examined prior to moving to the next area to be examined. The sling for fractured ribs may be applied after upper extremity has been surveyed/treated. If treatment has been started and can be completed by one team member (except injuries requiring a backboard), the other team member may continue the examination to the next area and begin treatment. (Systemically, legs are treated before the arms.)

### MINOR

Teams will systematically conduct the patient assessment according to procedures of the patient assessment skill sheet. Each area of the body shall be examined in its entirety prior to treating injuries in that area (except taking support). All injuries must be treated on the area being examined prior to moving to the next area to be examined. The sling for fractured ribs may be applied after upper extremity has been surveyed/treated. If treatment has been started and can be completed by one team member (except injuries requiring a backboard), the other team member may continue the examination to the next area and begin treatment. (Systemically, legs are treated before the arms.)

### DECEASED

Once the determination that a patient is deceased the team will be required to cover the patient before stopping the timing device(s).

## SCORECARD A DISCOUNTS

1. All life-threatening conditions shall be located and started before patient assessment can begin. \_\_\_\_20  
  
Life threatening conditions will be considered a patient having any one or more of the following conditions: breathing difficulties, no pulse, life threatening bleeding, spinal injury, skull fracture, a sucking chest wound  
  
Patient assessment can begin after all life-threatening conditions have been located and treatment started. Environmental and Medical Emergencies can be treated anytime during the working of the problem after initial assessment.
2. When the team encounters life-threatening bleeding, no work other than controlling bleeding shall be done until bleeding is controlled. Bleeding is controlled when notified by the Judge (judge makes a statement that bleeding is controlled). If treatment has been started and one team member can complete that treatment, the other team member may continue to work. \_\_\_\_10 each infraction
3. During the course of the problem, teams may encounter a card, envelope or label stating various conditions. Upon completion of treatment of these conditions, resume patient assessment at the point where team left off. \_\_\_\_5 each infraction.
4. Patient cannot talk, direct, or assist unless stated in the problem. (Reactionary or unintentional movements by the patient should not be discounted) \_\_\_\_5 each infraction
5. The bystander/ patient if used as a bystander must be shown the correct method of support. \_\_\_\_2  
  
The bystander must be shown the correct method of support and maintaining the open airway by a team member or members any time during the working of the problem, but before taking support.
6. No practicing will be allowed on the field before the beginning of the contest. No reference books or training material will be permitted in the working area during the working or reading of the problems. \_\_\_\_5
7. All team members shall be dressed uniformly. Shoes need not be identical. The pants/shorts shall be the same color. \_\_\_\_1

8. The team's material and equipment (jump kits, splints, etc.) may not be assembled or donned (excluding BSI) until after the timing device is started. The manikin may be placed in the designated area prior to starting the timing device. \_\_\_\_\_5
9. Handling of a patient by a team or team member in such a manner that could compromise condition of the patient. (Examples: Mishandling extremities, stepping across patient, etc.) (Straddling is only acceptable for patient loading.) (This does not include the rolling of the patient to the side that is injured or rolling a patient more than one time that has signs/symptoms of spinal injury. When teams are required to roll a patient with signs/symptoms of spinal injury, the correct log roll procedure skill sheet for the selected log roll technique, whether it is two or three person log roll will be followed). \_\_\_\_\_5 each infraction
10. All injuries and/or conditions shall be treated (example: wound, fracture, frostbite).\_\_20 each infraction
11. Failure to perform a required critical skill. Each CRITICAL SKILL shall be performed as identified on the skill sheets.\_\_\_\_2 each infraction (except for CPR/AV covered by scorecard B)
12. During patient assessment, failure to verbally state the location physically examined and each condition found. \_\_\_\_\_1 each infraction.
13. Working out of order (assessment, procedure, critical skill).\_\_\_\_2
14. Failure to follow written instructions.\_\_\_\_5
15. Teams shall not pad around the head and neck of the patient, for a suspected spinal injury, before the patient is placed onto the backboard. \_\_\_\_\_1
16. Protective equipment must be donned prior to patient(s) contact (gloves, masks, and eye protection). Only BSI may be donned prior to starting the timing device. \_\_\_\_\_5 each infraction
17. Gloves shall be changed if there would be contamination because of a glove tear or due to other contamination (such as contacting multiple patients.)\_\_\_\_2 each infraction
18. The broken-back board splint may be preassembled and padded. Other splints may be pre-padded but not assembled. (Cravat bandages cannot be preassembled on the back board, except for tying padding.)\_\_\_\_5 each infraction

19. Failure to take support of a fracture or dislocation (not supporting fracture or dislocation). \_\_\_\_10 each infraction
- a. Support of Extremities – Above and below the fracture or dislocation
  - b. Support of Hip – Both sides of the fracture or dislocation
  - c. Support for spinal injury – Stabilization of neck/Modified Jaw Thrust except for analyzing and shocking with AED patient during CPR
  - d. Support for skull fracture – Stabilization of neck/Modified Jaw Thrust
  - e. No support for fractured ribs,
  - f. No support of fractures/dislocations of nose, jaw, fingers, and toes
20. Support of fractures and/or dislocations shall not be broken or released. (except during the use of an AED when analyzing or shock is delivered) \_\_\_\_5 each infraction

When changing support, if support is broken, this discount applies. Change of support can be done as many times as the team desires provided the support is not broken.

Support for upper extremity fractures/dislocations shall be maintained until the sling and swathe are completed. Discount if support of fracture and/or dislocation is released by support person before sling is completed. Sling and swath not required with air splints.

21. Fractures/dislocations shall be supported prior to bandaging injuries. Once the extremity has been assessed, fractures/dislocations must be supported prior to bandaging injuries on the extremity. \_\_\_\_5 each infraction

During initial and patient assessment, teams must physically support/stabilize fractures and dislocations that require support as they are found. When the fracture/dislocation is on an extremity and support has been taken, the team must complete the examination on the extremity treating other injuries prior to splinting the fracture/dislocation.

22. Not applying sling for upper extremity wound. \_\_\_\_1 each infraction

Triangular slings are required for all wounds of upper extremities, including shoulder and armpit wounds. Slings will not be required for upper extremity burns/deep cold injuries. However, if a burn/deep cold injury and wound and/or fracture/dislocation are present on the same upper extremity, a sling shall be applied.

23. Failure to determine immediate patients. \_\_\_\_\_10 each infraction

An immediate patient shall be transported immediately (if transportation is available). This presents a load and go situation.

Immediate conditions are:

- Respirations: >30 respirations per minute
- Perfusion: Capillary refill > 2 seconds or radial pulse absent
- Mental Status: Unable to follow commands. Any one or more of the above conditions must be clearly visible on the patients.

24. Failure of team to start/stop timing device \_\_\_\_\_2 discounts

25. Each incorrect answer on written examination \_\_\_\_\_1 discount

**INTERPRETATIONS OF SCORECARD B  
ARTIFICIAL VENTILATION/CARDIOPULMONARY RESUSCITATION**

1. Failure to determine unresponsiveness (according to Critical Skill Sheet). \_\_\_\_1
2. Failure to call for help. \_\_\_\_1
3. Failure to open airway. \_\_\_\_1
4. Failure to use proper maneuver to open airway (using head-tilt/chin-lift maneuver when jaw-thrust should be used, vice versa). \_\_\_\_1
5. Failure to assess breathlessness within 10 seconds. \_\_\_\_1
6. Failure to use one-way valve barrier device when ventilating manikin. \_\_\_\_1
7. Failure to state "get AED". \_\_\_\_1
8. Failure to use mouth-to-nose ventilation when required. \_\_\_\_1
9. Failure to keep body and head in line, if spinal injury exists. \_\_\_\_1
10. Failure to use tongue jaw lift, cross-finger technique, or finger sweep when required. \_\_\_\_1
11. Failure to reposition head when airway obstruction is suspected. \_\_\_\_1
12. Failure to give chest compressions when required. (airway obstruction skill sheet) \_\_\_\_1
13. Failure to make pulse prior to giving compressions. \_\_\_\_1
14. Failure to assess pulse for 5-10 seconds. \_\_\_\_1
15. Failure to correctly locate the carotid pulse. \_\_\_\_1
16. Failure to ask judge for presence of a pulse. \_\_\_\_1

## Cardiopulmonary Resuscitation

1. Failure to give AV/CPR when required. \_\_\_\_20  
(Maximum of 3 sets AV/CPR or combination thereof)
2. Improper Hand placement when giving compressions. \_\_\_\_1
3. Failure to make parallel axis with heels of hands. \_\_\_\_1
4. Allowing fingers to rest on chest. \_\_\_\_1
5. Compressions. Discounts shall apply to each set.
  - a) Depth. Compression depth shall break the first line for 60 pounds pressure. Over compressions shall not be discounted. \_\_\_\_1
  - b) Number required. A total of 30 compressions shall be made each cycle. \_\_\_\_1
  - c) Release of upstroke. The release line shall be straight. \_\_\_\_1
  - d) Rate. Compressions shall be made at the rate of 100 to 120 per minute. \_\_\_\_1
6. Failure to maintain hand contact with manikin when releasing pressure during compressions. \_\_\_\_1 (This does not apply between cycles).
7. Failure to give 2 breaths between each cycle of compressions. \_\_\_\_1
  - a. Timing (not completing breaths and returning to compressions in less than 10 seconds (This will be measured from the end of last down stroke to the start of the first down stroke of the next cycle.) \_\_\_\_1
  - b. Volume shall be at least .8 liters (through .7 liter line on new manikins). Over inflation shall not be discounted. \_\_\_\_1
8. Failure to give 5 cycles of 30 compressions and 2 breaths for each set of CPR (point of first down stroke to peak of last breath). (A cycle is 30 compressions and two (2) ventilations. A set is 5 cycles.) \_\_\_\_1
9. Failure to assess pulse within 10 seconds after each set of CPR. \_\_\_\_1  
(one discount per set)
10. Failure to give 30 chest compressions when airway obstruction is suspected. \_\_\_\_1

11. Failure to perform CPR as stated in the problem. Too many or too few compressions can be detrimental to patient. \_\_\_\_1
12. Failure for the number of Rescuer/Rescuers to perform CPR as stated in the problem. Team performing One-Person CPR when Two-Person CPR is required and vice versa. \_\_\_\_3 (When problem states "Two-Rescuer CPR", two people are required to perform CPR as listed in Two-Rescuer CPR skill sheets.)
13. Failure to begin with compressions after pulse check is completed or when changing rescuers. \_\_\_\_1
14. Failure to apply the AED when available \_\_\_\_10
15. Failure of rescuers to change positions in 5 seconds or less when performing two- person CPR. \_\_\_\_1
16. Failure of rescuer to ask the judge if the patient has a pulse when CPR is completed. \_\_\_\_1
17. Delivery of simulated shock with AED to patient while in contact with the patient \_\_\_\_5 each occurrence (add to scorecard)

### **Artificial Ventilation**

1. Failure to give artificial ventilation. \_\_\_\_20  
(Maximum of 3 sets AV/CPR or combination thereof)
2. Failure to give 10-12 breaths in each 58-62-second period. \_\_\_\_1  
(1 minute of AV = 1 set)
3. Failure to provide a breath volume of at least .8 liters (through .7 liter line on new manikins). Over inflation shall not be discounted. \_\_\_\_1
4. Failure of rescuer to check for return of breathing and pulse when artificial ventilation is completed. \_\_\_\_1
5. Failure of rescuer to state that patient is breathing and has a pulse when artificial ventilation is completed. \_\_\_\_1

## INITIAL ASSESSMENT

PROCEDURES	CRITICAL SKILLS
1. SCENE SIZE UP	<input type="checkbox"/> *A. Observe area to ensure safety <input type="checkbox"/> *B. Call for help
2. MECHANISM OF INJURY	<input type="checkbox"/> *A. Determine causes of injury, if possible <input type="checkbox"/> *B. Triage: Immediate, Delayed, Minor or Deceased. <input type="checkbox"/> *C. Ask patient (if conscious) what happened
3. INITIAL ASSESSMENT	<input type="checkbox"/> *A. Verbalize general impression of the patient(s) <input type="checkbox"/> *B. Determine responsiveness/level of consciousness (AVPU) Alert, Verbal, Painful, Unresponsive <input type="checkbox"/> *C. Determine chief complaint/ apparent life threat
4. ASSESS AIRWAY AND BREATHING	<input type="checkbox"/> A. Correctly execute head-tilt/ chin-lift or jaw thrust maneuver, depending on the presence of cervical spine (neck) injuries <input type="checkbox"/> B. Look for absence of breathing (no chest rise and fall) or gasping, which are not considered adequate (within 10 seconds) <input type="checkbox"/> C. If present, treat sucking chest wound
5. ASSESS FOR CIRCULATION	<input type="checkbox"/> A. Check for presence of a carotid pulse (5-10 seconds) <input type="checkbox"/> B. If present, control life threatening bleeding <input type="checkbox"/> C. Start treatment for all other life threatening injuries/ conditions (reference Rule 2).

**IMMEDIATE:** Rapid Patient Assessment treating all life threats Load and Go. If the treatment interrupts the rapid trauma assessment, the **assessment** will be completed at the end of the **treatment**.

**DELAYED:** Detailed Patient Assessment treating all injuries and conditions and prepare for transport.

**MINOR:** (Can walk) Detailed Patient Assessment treating all injuries and conditions and prepare for transport. After all IMMEDIATE and DELAYED patient(s) have been treated and transported.

**DECEASED:** Cover

**\*NOTE:** Each critical skill identified with an asterisk (\*) shall be clearly verbalized by the team as it is being conducted.

After initially stating what BP-DOC- Bleeding, Pain, Deformities, Open wounds stands for, the team may simply state BP-DOC- Bleeding, Pain, Deformities, Open wounds when making their checks.

- Teams may use the acronym "CSM" when checking circulation, sensation and motor function.

## PATIENT ASSESSMENT

### PROCEDURES

### CRITICAL SKILLS

1. HEAD	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<p>*A. Check head for BP-DOC: Bleeding, Pain, Deformities, Open wounds, Crepitus</p> <p>*B. Check and touch the scalp</p> <p>*C. Check the face</p> <p>*D. Check the ears for bleeding or clear fluids</p> <p>*E. Check the eyes for any discoloration, unequal pupils, reaction to light, foreign objects and bleeding</p> <p>*F. Check the nose for any bleeding or drainage</p> <p>*G. Check the mouth for loose or broken teeth, foreign objects, swelling or injury of tongue, unusual breath odor and discoloration</p>												
2. NECK	<input type="checkbox"/> <input type="checkbox"/>	<p>*A. Check the neck BP-DOC</p> <p>*B. Inspect for medical ID</p>												
3. CHEST	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<p>*A. Check chest area for BP-DOC</p> <p>*B. Feel chest for equal breathing movement on both sides</p> <p>*C. Feel chest for inward movement in the rib areas during inhalations</p>												
4. ABDOMEN	<input type="checkbox"/>	<p>*A. Check abdomen (stomach) for BP-DOC</p>												
5. PELVIS	<input type="checkbox"/> <input type="checkbox"/>	<p>*A. Check pelvis for BP-DOC</p> <p>*B. Inspect pelvis for injury by touch (Visually inspect and verbally state inspection of crotch and buttocks areas)</p>												
6. LEGS	<table style="border-collapse: collapse; width: 100%;"> <tr> <td style="text-align: center; width: 50%;">L</td> <td style="text-align: center; width: 50%;">R</td> </tr> <tr> <td style="text-align: center;"><input type="checkbox"/></td> <td style="text-align: center;"><input type="checkbox"/></td> </tr> <tr> <td style="text-align: center;"><input type="checkbox"/></td> <td style="text-align: center;"><input type="checkbox"/></td> </tr> <tr> <td style="text-align: center;"><input type="checkbox"/></td> <td style="text-align: center;"><input type="checkbox"/></td> </tr> <tr> <td style="text-align: center;"><input type="checkbox"/></td> <td style="text-align: center;"><input type="checkbox"/></td> </tr> <tr> <td style="text-align: center;"><input type="checkbox"/></td> <td style="text-align: center;"><input type="checkbox"/></td> </tr> </table>	L	R	<input type="checkbox"/>	<p>*A. Check each leg for BP-DOC</p> <p>B. Inspect legs for injury by touch</p> <p>C. Unresponsive: Check legs for paralysis (pinch inner side of leg on calf)</p> <p>*D. Responsive: Check legs for motion; places hand on bottom of each foot and states "Can you push against my hand?"</p> <p>*E. Check for medical ID bracelet</p>									
L	R													
<input type="checkbox"/>	<input type="checkbox"/>													
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7. ARMS	<table style="border-collapse: collapse; width: 100%;"> <tr> <td style="text-align: center; width: 50%;">L</td> <td style="text-align: center; width: 50%;">R</td> </tr> <tr> <td style="text-align: center;"><input type="checkbox"/></td> <td style="text-align: center;"><input type="checkbox"/></td> </tr> <tr> <td style="text-align: center;"><input type="checkbox"/></td> <td style="text-align: center;"><input type="checkbox"/></td> </tr> <tr> <td style="text-align: center;"><input type="checkbox"/></td> <td style="text-align: center;"><input type="checkbox"/></td> </tr> <tr> <td style="text-align: center;"><input type="checkbox"/></td> <td style="text-align: center;"><input type="checkbox"/></td> </tr> <tr> <td style="text-align: center;"><input type="checkbox"/></td> <td style="text-align: center;"><input type="checkbox"/></td> </tr> </table>	L	R	<input type="checkbox"/>	<p>*A. Check each arm for BP-DOC</p> <p>B. Inspect arms for injury by touch</p> <p>C. Unresponsive: Check arms for paralysis (pinch inner side of wrist)</p> <p>*D. Responsive: Check arms for motion (in a conscious patient; team places fingers in each hand of patient and states "Can you squeeze my fingers?")</p> <p>*E. Check for medical ID bracelet</p>									
L	R													
<input type="checkbox"/>	<input type="checkbox"/>													
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8. BACK SURFACES	□	*A. Check back for BP-DOC
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### ONE-PERSON CPR (MANIKIN ONLY)

PROCEDURES		CRITICAL SKILLS
1. RESCUER ESTABLISH UNRESPONSIVENESS	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	A. Tap or gently shake shoulders *B. "Are you OK?" C. Determine unconsciousness without compromising cervical spine (neck) injury *D. "Call for help" *E. "Get AED" ( <b>Note:</b> If AED is used, follow local protocol)
2. RESCUER MONITOR PATIENT FOR BREATHING	□	A. Look for absence of breathing (no chest rise and fall) or gasping breaths, which are not considered adequate (within 10 seconds)
3. RESCUER CHECK FOR CAROTID PULSE	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	A. Correctly locate the carotid pulse - on the side of the rescuer, locate the patient's windpipe with your index and middle fingers and slide your fingers in the groove between the windpipe and the muscle in the neck B. Check for presence of carotid pulse for 5 to 10 Seconds *C. Absence of pulse *D. Immediately start CPR if no pulse
4. POSITION FOR COMPRESSIONS	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	A. Locate the compression point on the breastbone between the nipples B. Place the heel of one hand on the compression point and the other hand on top of the first so hands are parallel C. Do not intentionally rest fingers on the chest D. Keep heel of your hand on chest during and between compressions
5. DELIVER CARDIAC COMPRESSION	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	A. Give 30 compressions B. Compressions are at the rate of 100-120 per minute C. Down stroke for compression must be on or through compression line D. Return to baseline on upstroke of compression

6. ESTABLISH AIRWAY	<input type="checkbox"/> <input type="checkbox"/>	A. Kneel at the patient's side near the head B. Correctly execute head-tilt/ chin-lift or jaw thrust maneuver depending on the presence of cervical spine injuries
7. VENTILATIONS BETWEEN COMPRESSIONS	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	A. Place barrier device (pocket mask / shield with one way valve) on manikin B. Give 2 breaths 1 second each C. Each breath - minimum of .8 (through .7 liter line on new manikins) D. Complete breaths and return to compressions in less than 10 seconds (This will be measured from the end of last down stroke to the start of the first down stroke of the next cycle.)
8. CONTINUE CPR FOR TIME STATED IN PROBLEM	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	A. Provide 5 cycles of 30 chest compressions and 2 rescue breaths B. To check for pulse, stop chest compressions for no more than 10 seconds after the first set of CPR C. Rescuer opens airway and checks for adequate breathing or coughing D. Rescuer checks for a carotid pulse E. If no signs of circulation are detected, continue chest compressions and breaths and check for signs of circulation after each set F. A maximum of 10 seconds will be allowed to complete ventilations and required pulse checks between sets (this will be measured from the end of the last down stroke to the start of the first down stroke of the next cycle)
9. CHECK FOR RETURN OF PULSE	<input type="checkbox"/> <input type="checkbox"/>	A. After providing required CPR (outlined in problem), check for return of pulse (within 10 seconds) *B. "Ask judge for presence of a pulse."

## TWO-RESCUER CPR WITH AED (NO SPINAL INJURY - MANIKIN ONLY)

PROCEDURES	CRITICAL SKILLS
1. RESCUER ESTABLISH UNRESPONSIVENESS	<input type="checkbox"/> A. Tap or gently shake shoulders <input type="checkbox"/> *B. "Are you OK?" <input type="checkbox"/> C. Determine unconsciousness without compromising cervical spine (neck) injury <input type="checkbox"/> *D. "Call for help" <input type="checkbox"/> *E. "Get AED" ( <b>Note:</b> If AED is used, follow local protocol)
2. RESCUER MONITOR PATIENT FOR BREATHING	<input type="checkbox"/> A. Look for absence of breathing (no chest rise and fall) or gasping breaths, which are not considered adequate (within 10 seconds)
3. RESCUER CHECK FOR CAROTID PULSE	<input type="checkbox"/> A. Correctly locate the carotid pulse - on the side of the rescuer, locate the patient's windpipe with your index and middle fingers and slide your fingers in the groove between the windpipe and the muscle in the neck <input type="checkbox"/> B. Check for presence of carotid pulse for 5 to 10 Seconds <input type="checkbox"/> *C. Absence of pulse <input type="checkbox"/> *D. Immediately starts CPR if no pulse
4. RESCUER POSITION FOR COMPRESSIONS	<input type="checkbox"/> A. Locate the compression point on the breastbone between the nipples <input type="checkbox"/> B. Place the heel of one hand on the compression point and the other hand on top of the first so hands are parallel. <input type="checkbox"/> C. Do not intentionally rest fingers on the chest. Keep heel of your hand on chest during and between compressions.
5. RESCUER DELIVER CARDIAC COMPRESSION	<input type="checkbox"/> A. Give 30 compressions <input type="checkbox"/> B. Compressions are at the rate of 100 to 120 per minute <input type="checkbox"/> C. Down stroke for compression must be on orthrough compression line <input type="checkbox"/> D. Return to baseline on upstroke of compression
6. RESCUER ESTABLISH AIRWAY	<input type="checkbox"/> A. Kneel at the patient's side near the head <input type="checkbox"/> B. Correctly execute head-tilt/chin-lift maneuver

<p>7. RESCUER VENTILATIONS BETWEEN COMPRESSIONS</p>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<p>A. Place barrier device (pocket mask/shield with one way valve) on manikin  B. Give 2 breaths 1 second each  C. Each breath - minimum of .8 (through .7 liter line on new manikins)  D. Complete breaths and return to compressions in less than 10 seconds (This will be measured from the end of last down stroke to the start of the first down stroke of the next cycle.)</p>
<p>8. CONTINUE CPR FOR TIME STATED IN PROBLEM</p>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<p>A. Provide 5 cycles of 30 chest compressions and 2 rescue breaths  B. To check for pulse, stop chest compressions for no more than 10 seconds after the first set of CPR  C. Rescuer at patient's head maintains airway and checks for adequate breathing or coughing  D. The rescuer at the patient's head shall feel for a carotid pulse  E. If no signs of circulation are detected, continue chest compressions and breaths and check for signs of circulation after each set  F. A maximum of 10 seconds will be allowed to complete ventilations and required pulse checks between sets (this will be measured from the end of the last down stroke to the start of the first down stroke of the next cycle)</p>
<p>9. RESCUER APPLIES THE AED (DURING THE FIFTH CYCLE OF COMPRESSIONS)</p>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<p>A. Rescuer continues compressions while other rescuer turns (simulated) on AED and applies pads.  B. RESCUERS SWITCH rescuer clears victim, allowing AED to analyze. (Judges shall provide an envelope indicating a shockable or non-shockable rhythm)  C. If AED indicates a shockable rhythm, rescuer clears victim again and delivers shock. *verbalize shock given</p>
<p>10. RESUME HIGH QUALITY CPR</p>	<input type="checkbox"/> <input type="checkbox"/>	<p>A. Rescuer gives 30 compressions immediately after shock delivery (2 cycles).  B. Other rescuer successfully delivers 2 breaths.</p>
<p>11. CHANGING RESCUERS</p>	<input type="checkbox"/>	<p>A. Change of rescuers shall be made in 5 seconds or less and will be completed as outlined in the problem. Team must switch every 5 cycles in less than 5 seconds</p>
<p>12. CHECK FOR RETURN OF PULSE</p>	<input type="checkbox"/> <input type="checkbox"/>	<p>A. After providing required CPR (outlined in problem), check for return of pulse (within 10 seconds)  *B. "Ask judge for presence of a pulse."</p>

## TWO-RESCUER CPR WITH AED (WITH SPINAL INJURY - MANIKIN ONLY)

PROCEDURES	CRITICAL SKILLS
1. RESCUER ESTABLISH UNRESPONSIVENESS	<input type="checkbox"/> A. Tap or gently shake shoulders <input type="checkbox"/> *B. "Are you OK?" <input type="checkbox"/> C. Determine unconsciousness without compromising cervical spine (neck) injury <input type="checkbox"/> *D. "Call for help" <input type="checkbox"/> *E. "Get AED" ( <b>Note:</b> If AED is used, follow local protocol)
2. RESCUER MONITOR PATIENT FOR BREATHING	<input type="checkbox"/> A. Look for absence of breathing (no chest rise and fall) or gasping, which are not considered adequate (within 10 seconds)
3. RESCUER CHECK FOR CAROTID PULSE	<input type="checkbox"/> A. Correctly locate the carotid pulse - on the side of the rescuer, locate the patient's windpipe with your index and middle fingers and slide your fingers in the groove between the windpipe and the muscle in the neck <input type="checkbox"/> B. Check for presence of carotid pulse for 5 to 10 second <input type="checkbox"/> *C. Absence of pulse <input type="checkbox"/> *D. Immediately start CPR if no pulse
4. RESCUER POSITION FOR COMPRESSIONS	<input type="checkbox"/> A. Locate the compression point on the breastbone between the nipples <input type="checkbox"/> B. Place the heel of one hand on sternum the compression point and the other hand on top of the first so hands are parallel <input type="checkbox"/> C. Do not rest fingers on the chest Keep heel of your hand on chest during and between compressions
5. RESCUER DELIVER CARDIAC COMPRESSION	<input type="checkbox"/> A. Give 30 compressions <input type="checkbox"/> B. Compressions are at the rate of 100 to 120 per minute <input type="checkbox"/> C. Down stroke for compression must be on or through compression line <input type="checkbox"/> D. Return to baseline on upstroke of compression
6. RESCUER ESTABLISH AIRWAY	<input type="checkbox"/> A. Kneel at the patient's head <input type="checkbox"/> B. Correctly execute jaw thrust maneuver

<p>7. RESCUER VENTILATIONS BETWEEN COMPRESSIONS</p>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<p>A. Rescuer should place the barrier device (pocket mask/Shield with one way valve) on manikin  B. Rescuer Gives 2 breaths 1 second each  C. Each breath - minimum of .8 (through .7 liter line on new manikins)  D. Complete breaths and return to compressions in less than 10 seconds (This will be measured from the end of last down stroke to the start of the first down stroke of the next cycle.)</p>
<p>8. CONTINUE CPR FOR TIME STATED IN PROBLEM</p>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<p>A. Provide 5 cycles of 30 chest compressions and 2 rescue breaths  B. To check pulse, stop chest compressions for no more than 10 seconds after the first set of CPR  C. Rescuer at patient's head maintains airway and checks for adequate breathing or coughing  D. The rescuer giving compressions shall feel for a carotid pulse  E. If no signs of circulation are detected, continue chest compressions and breaths and check for signs of circulation after each set  F. A maximum of 10 seconds will be allowed to complete ventilations and required pulse checks between sets (this will be measured from the end of the last down stroke to the start of the first down stroke of the next cycle)</p>
<p>9. RESCUER APPLIES THE AED (DURING THE FIFTH CYCLE OF COMPRESSIONS)</p>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<p>A. Rescuer continues compressions while other rescuer turns on AED and applies pads.  B. RESCUERS SWITCH rescuer clears victim, allowing AED to analyze. (Judges shall provide an envelope indicating a shockable or non-shockable rhythm)  C. If AED indicates a shockable rhythm, rescuer clears victim again and delivers shock. *verbalize shock given</p>
<p>10. RESUME HIGH QUALITY CPR</p>	<input type="checkbox"/> <input type="checkbox"/>	<p>A. Rescuer gives 30 compressions immediately after shock delivery (2 cycles).  B. Other rescuer successfully delivers 2 breaths.</p>
<p>11. CHANGING RESCUERS</p>	<input type="checkbox"/>	<p>A. Change of rescuers shall be made in 5 seconds or less and will be completed as outlined in problem. Team must switch every 5 cycles in less than 5 seconds.</p>
<p>12. CHECK FOR RETURN OF PULSE</p>	<input type="checkbox"/> <input type="checkbox"/>	<p>*A. After providing required CPR (outlined in problem), check for return of pulse (within 10 seconds)  *B. "Ask judge for presence of a pulse."</p>

## MOUTH-TO-MASK RESUSCITATION

PROCEDURES		CRITICAL SKILLS
1. ESTABLISH UNRESPONSIVENESS	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	A. Tap or gently shake shoulders *B. "Are you OK?" C. Determine unconsciousness without compromising C-spine injury *D. "Call for help" *E. "Get AED" ( <b>Note:</b> If AED is used, follow local protocol)
2. MONITOR PATIENT FOR BREATHING	<input type="checkbox"/>	A. Look for absence of breathing (no chest rise and fall) or gasping, which are not considered adequate (within 10 seconds)
3. CHECK FOR CAROTID PULSE	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	A. Correctly locate the carotid pulse (on the side of the rescuer) B. Check for presence of carotid pulse for 5 to 10 second. *C. Presence of pulse
4. ESTABLISH AIRWAY	<input type="checkbox"/>	A. Correctly execute head tilt / chin lift or jaw thrust maneuver depending on the presence of cervical spine (neck) injuries
5. VENTILATE PATIENT	<input type="checkbox"/> <input type="checkbox"/>	A. Place barrier device (pocket mask/shield with one-way valve on manikin) B. Ventilate patient 10 to 12 times per minute. Each ventilation will be provided at a minimum of .8 (through .7 liter line on new manikins)
6. CHECK FOR RETURN OF BREATHING AND PULSE	<input type="checkbox"/> <input type="checkbox"/>	A. After providing the required number of breaths (outlined in problem), check for return of breathing and carotid pulse within 10 seconds *B. "Patient is breathing and has a pulse"

## AIRWAY OBSTRUCTION (UNCONSCIOUS VICTIM - WITNESSED)

PROCEDURES	CRITICAL SKILLS
1. INITIALLY ASSESS LEVEL OF CONSCIOUSNESS	<input type="checkbox"/> A. Tap or gently shake shoulders <input type="checkbox"/> *B. "Are you OK?" <input type="checkbox"/> C. Determine unconsciousness without compromising C-spine injury <input type="checkbox"/> *D. "Call for help" <input type="checkbox"/> *E. "Get AED" ( <b>Note:</b> If AED is used, follow local protocol)
2. MONITOR PATIENT FOR BREATHING	<input type="checkbox"/> A. Look for absence of breathing (no chest rise and fall) or gasping, which are not considered adequate (within 10 seconds)
3. PULSE CHECK	<input type="checkbox"/> A. Correctly locate the carotid pulse - on the side of the rescuer, locate the patient's windpipe with your index and middle fingers and slide your fingers in the groove between the windpipe and muscle in the neck <input type="checkbox"/> B. Check for presence of carotid pulse for 5 to 10 seconds <input type="checkbox"/> *C. Patient has pulse
4. OPEN AIRWAY	<input type="checkbox"/> A. Correctly execute head-tilt/chin-lift or jaw thrust maneuver depending on the presence of cervical spine (neck) injuries <input type="checkbox"/> *B. "Look for foreign object"
5. ATTEMPT VENTILATION	<input type="checkbox"/> A. Place barrier device on manikin <input type="checkbox"/> B. Seal mouth and nose <input type="checkbox"/> C. Attempt to give slow breath (1 second duration) <input type="checkbox"/> *D. Identify if there is an obstruction
6. CHECK POSITIONING	<input type="checkbox"/> A. Re-establish airway using correct method and procedure <input type="checkbox"/> *B. Identify continued presence of the obstruction
7. POSITION FOR COMPRESSIONS	<input type="checkbox"/> A. Locate the compression point on the breastbone between the nipples <input type="checkbox"/> B. Place the heel of one hand on sternum the compression point and the other hand on top of the first so hands are parallel <input type="checkbox"/> C. Do not rest fingers on the chest keep heel of your hand on chest during and between compressions.

8. COMPRESSIONS	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	A. Give 30 compressions B. Compressions are at the rate of 100-120 per minute C. Down stroke for compression must be on or through compression line D. Return to baseline on upstroke of compression
9. OPEN AIRWAY	<input type="checkbox"/> <input type="checkbox"/>	A. Correctly execute head-tilt / chin-lift or jaw-thrust maneuver depending on the presence of cervical spine (neck) injuries *B "Look for foreign object"
10. PERFORM FINGER SWEEP (IF OBJECT IS SEEN)	<input type="checkbox"/> <input type="checkbox"/>	A. Follow with finger sweep, only if the object is seen. (open mouth, grasping tongue and lower jaw with thumb and fingers, insert index finger of other hand down along inside cheek and deeply into throat in a hooking action) B. Grasp and remove foreign object
11. ATTEMPT VENTILATION	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	A. Correctly make effort to administer breath B. Administer second breath, if first successful and check pulse C. If unsuccessful repeat sequence of compressions, mouth check, finger sweep (if object is visible) and attempt to ventilate

## SUCKING CHEST WOUND

PROCEDURES	CRITICAL SKILLS
1. EXPOSE WOUND	<input type="checkbox"/> *A. Expose entire wound
2. SEAL WOUND AND CONTROL BLEEDING	<input type="checkbox"/> *A. Place occlusive dressing over wound (If occlusive dressing is not available use gloved hand) <input type="checkbox"/> B. Apply direct pressure as needed to stop the bleeding
3. APPLY AN OCCLUSIVE DRESSING	<input type="checkbox"/> A. Keep patient calm and quiet <input type="checkbox"/> *B. Explain to the patient what you are doing <input type="checkbox"/> *C. Ensure dressing is large enough not to be sucked into the wound (two inches beyond edges of wound) <input type="checkbox"/> D. Affix dressing with tape <input type="checkbox"/> *E. Seal on three sides <input type="checkbox"/> *F. Monitor patient closely for increasing difficulty breathing <input type="checkbox"/> *G. Transport as soon as possible <input type="checkbox"/> H. Keep patient positioned on the injured side unless other injuries prohibit <input type="checkbox"/> *I. Reassess wound to ensure bleeding control <input type="checkbox"/> *J. Assess level of consciousness(AVPU), respiratory status and patient response

## LIFE-THREATENING BLEEDING

PROCEDURES	CRITICAL SKILLS
1. DIRECT PRESSURE AND ELEVATION	<input type="checkbox"/> *A. Apply direct pressure with a gloved hand <input type="checkbox"/> *B. Apply a dressing to wound (cover entire wound) and continue to apply direct pressure <input type="checkbox"/> *C. Elevate the extremity except when spinal injury exists <input type="checkbox"/> *D. Bleeding has been controlled <input type="checkbox"/> *E. If controlled, bandage dressing in place
2. IF NOTIFIED THAT BLEEDING IS NOT CONTROLLED, APPLY TOURIQUET	<input type="checkbox"/> A. Apply as per tourniquet skill sheet

### **External Bleeding**

To Control: 1<sup>st</sup>: direct pressure  
              2<sup>nd</sup>: elevation & direct pressure  
Last Resort: Tourniquet

### **Internal Bleeding**

- \*1. Monitor breathing and pulse
- \*2. Keep patient still
- \*3. Loosen restrictive clothing
- \*4. Be alert if patient vomits
- \*5. Nothing by mouth
- \*6. Report possibility of internal bleeding as soon as EMS personnel arrive on

## TOURNIQUET

PROCEDURES	CRITICAL SKILLS
1. DETERMINE NEED OR USING TOURNIQUET	<input type="checkbox"/> If these conditions are met, a tourniquet may be the only alternative: <input type="checkbox"/> A. Direct pressure has not been successful in stopping bleeding <input type="checkbox"/> B. Elevation of wound above heart has not been successful in stopping of bleeding
2. SELECT APPROPRIATE MATERIALS	<input type="checkbox"/> A. Select a band that will be between 1-4 inches in width and can be wrapped six or eight layers deep for improvised tourniquet or select factory tourniquet.
3. APPLY TOURNIQUET	<input type="checkbox"/> <u>Factory Tourniquet</u> <input type="checkbox"/> A. Wrap band around the extremity proximal to the wound (one inch above but not on a joint) <input type="checkbox"/> <u>Improvised Tourniquet</u> <input type="checkbox"/> B. Apply a bandage around the extremity proximal to the wound (one inch above but not on a joint) and tie a half knot in the bandage <input type="checkbox"/> C. Place a stick or pencil on top of the knot and tie the ends of the bandage over the stick in a square knot <input type="checkbox"/> D. Twist the stick until the bleeding is controlled, secure the stick in position
4. APPLY PRESSURE WITH TOURNIQUET	<input type="checkbox"/> A. Do not cover the tourniquet with bandaging material <input type="checkbox"/> *B. Notify other medical personnel caring for the patient
5. MARK PATIENT APPROPRIATELY	<input type="checkbox"/> A. Mark a piece of tape on the patient's forehead "TQ" and time applied
6. REASSESS	<input type="checkbox"/> *A. Assess level of consciousness (AVPU), respiratory status, and patient response

## DRESSINGS AND BANDAGING - OPEN WOUNDS

PROCEDURES	CRITICAL SKILLS
1. EMERGENCY CARE FOR AN OPEN WOUND	<input type="checkbox"/> *A. Control bleeding <input type="checkbox"/> *B. Prevent further contamination <input type="checkbox"/> *C. Bandage dressing in place after bleeding has been controlled <input type="checkbox"/> *D. Keep patient lying still
2. APPLY DRESSING	<input type="checkbox"/> A. Use sterile dressing <input type="checkbox"/> B. Cover entire wound <input type="checkbox"/> C. Control bleeding <input type="checkbox"/> D. Do not remove dressing
3. APPLY BANDAGE	<input type="checkbox"/> A. Do not bandage too tightly. <input type="checkbox"/> B. Do not bandage too loosely. <input type="checkbox"/> C. Cover all edges of dressing. <input type="checkbox"/> D. Do not cover tips of fingers and toes, unless they are injured. <input type="checkbox"/> E. Bandage from the bottom of the limb to the top (distal to proximal) if applicable.

Multiple wounds will be treated as per procedures listed in patient assessment.

### Impaled Objects

- \*1. Do not remove
2. Expose wound
3. Control bleeding
4. Stabilize with a bulky dressing; criss-cross the layers
5. Tie 4in. wide cravats around to hold in place, or tape in place
- \*6. Check for exit wound (treat when found)
7. Immobilize affected area

### Impaled Objects in the Jaw

- \*1. Examine; inside & outside
2. If end not impaled in mouth - pull it out
3. Position head for drainage: if spinal injury, immobilize 1<sup>st</sup> and tilt board
4. Dress outside of wound
- \*5. Gauze on inside only if patient alert, (Simulate only in contest and state, "I would leave 3-4 inches of gauze outside of mouth.")

### Impaled Objects in the Eye

1. Stabilize with 3 inch gauze or folded 4x4
2. Put cup (no Styrofoam) over object and allow cup to rest on roller gauze or 4x4
3. Secure cup with roller gauze (not over top of cup)
- \*4. Cover uninjured eye too

### Open Neck Wound (Serious or Life Threatening)

- \*1. Gloved hand over wound
- \*2. Occlusive dressing over wound- 2 inches larger than wound site
3. Gauze dressing over occlusive
4. Place roller gauze beside site and wrap around figure 8 under opposite arm

### Abdominal Injury

- \*1. Place on back with legs flexed at the knees (for closed or open wounds)

### Additional Steps for Open Abdominal Wounds (Serious or Life Threatening)

- \*1. Apply moist dressing, then an occlusive dressing
- \*2. Cover the occlusive with pads or a towel for warmth
- \*3. If an object is impaled in abs, stabilize it and do not flex legs- leave them in the position you found them.

### Skull Fractures and Brain Injuries

- \*1. Open airway with jaw thrust
2. Apply collar
- \*3. Use loose gauze dressing- no direct pressure
- \*4. Keep at rest, ask them questions
5. Don't elevate legs (on or off a backboard)
6. After entire body is immobilized- tilt back board, injured side down

### Amputations

- \*1. Wrap in slightly moistened sterile dressing
2. Place in plastic bag or wrap in plastic
- \*3. Keep part cool avoid freezing
- \*4. Do not place in water or direct contact with ice
- \*5. Transport with patient
6. Label with patients name

### **NOTE:**

Slings are required for all wounds of upper extremities, including shoulder and armpit wounds. Slings will not be required for upper extremity burns. However, if a burn and

wound and/or fracture/dislocation are present on the same upper extremity, a sling shall be applied.

### TWO-PERSON LOG ROLL

PROCEDURES		CRITICAL SKILLS
1. STABILIZE HEAD	<input type="checkbox"/>	*A. Stabilize the head and neck
2. PREPARING THE PATIENT	<input type="checkbox"/> <input type="checkbox"/>	A. When placing patient on board place board parallel to the patient B. Kneel at the patient's shoulders opposite the board (if used) leaving room to roll the patient toward knees Raise the patient's arm, if not injured (the one closer to the rescuer) above the patient's head
3. PREPARING THE RESCUER	<input type="checkbox"/> <input type="checkbox"/>	A. Grasp the patient at the shoulder and pelvis area B. Give instructions to bystander, if used to support
4. ROLLING THE PATIENT	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	A. While stabilizing the head, roll the patient toward the rescuer by pulling steadily and evenly at the shoulder and pelvis areas B. The head and neck should remain on the same plane as the torso C. Maintain stability by holding patient with one hand and placing board (if used) with other D. Roll the body as a unit onto the board (if used)(board may be slanted or flat) E. Place the arm alongside the body

### THREE-PERSON LOG ROLL

PROCEDURES	CRITICAL SKILLS
1. STABILIZE HEAD	<input type="checkbox"/> *A. Stabilize the head and neck <input type="checkbox"/> B. One rescuer should kneel at the top of the patient's head and hold or stabilize the head and neck in position found.
2. PREPARING THE PATIENT	<input type="checkbox"/> A. A second rescuer should kneel at the patient's side opposite the direction the face is facing. <input type="checkbox"/> B. When placing patient on board place board parallel to the patient. <input type="checkbox"/> C. Quickly assess the patient's arms to ensure no obvious injuries. <input type="checkbox"/> D. Kneel at the patient's shoulders opposite the board (if used) leaving room to roll the patient toward knees Raise the patient's arm, if not injured (the one closer to the rescuer) above the patient's head. <input type="checkbox"/> E. The third rescuer should kneel at the patient's hips.
3. PREPARING THE RESCUER	<input type="checkbox"/> A. Rescuers should grasp the patient at the shoulders, hips, knees, and ankles. <input type="checkbox"/> *B. Give instructions to bystander (physically show), if used to support
4. ROLLING THE PATIENT	<input type="checkbox"/> A. While stabilizing the head, the rescuer at the patient's head should signal and give directions, all rescuers should slowly roll the patient toward the rescuers in a coordinated move, keeping the spine in a neutral, in-line position. <input type="checkbox"/> B. On three, slowly roll. One, two, three roll together. <input type="checkbox"/> C. The head and neck should remain on the same plane as the torso, the rescuer holding the head should not initially try to turn the head with the body. (if the head is already facing sideways, allow the body to come into alignment with the head) <input type="checkbox"/> D. Maintain stability by holding patient with one hand and placing board (if used) with other <input type="checkbox"/> E. Roll the body as a unit onto the board (if used) (board may be slanted or flat) Center the patient on the board. <input type="checkbox"/> F. Place the arm alongside the body

## SPLINTING (RIGID) UPPER EXTREMITY FRACTURES AND DISLOCATIONS

PROCEDURES	CRITICAL SKILLS
1. CARE FOR FRACTURE	<input type="checkbox"/> *A. Check for distal circulation, sensation, and motor function <ul style="list-style-type: none"> <li>▪ Do not attempt to reduce dislocations (if applies)</li> </ul>
2. IMMOBILIZING FRACTURE	<input type="checkbox"/> A. Selection of appropriate rigid splint of proper length <input type="checkbox"/> B. Support affected limb and limit movement <input type="checkbox"/> C. Apply appropriate padded rigid splint against injured extremity <input type="checkbox"/> D. Place appropriate roller bandage in hand to ensure the position of function <input type="checkbox"/> E. Secure splint to patient with roller bandage, handkerchiefs, cravats, or cloth strips <input type="checkbox"/> F. Apply wrap distal to proximal <input type="checkbox"/> *G. Reassess distal circulation, sensation, and motor function
3. SECURING WITH SLING	<input type="checkbox"/> A. Place sling over chest and under arm <input type="checkbox"/> B. Hold or stabilize arm <input type="checkbox"/> C. Triangle should extend behind elbow on injured side <input type="checkbox"/> D. Pull sling around neck and tie on uninjured side <input type="checkbox"/> E. Pad at the neck (except when C-Collar is present) <input type="checkbox"/> F. Secure excess material at elbow <input type="checkbox"/> G. Fingertips should be exposed <input type="checkbox"/> *H. Reassess distal circulation, sensation, and motor function
4. SECURING SLING WITH SWATHE	<input type="checkbox"/> A. Use triangle cravat or factory swathe <input type="checkbox"/> B. Swathe is tied around chest and injured arm <input type="checkbox"/> *C. Reassess distal circulation, sensation, and motor function

### ELBOW (STRAIGHT POSITION)

Follow Procedures No. 1 and No. 2 above

### FINGER/FINGERS

Immobilize Fracture

1. Tape injured finger to an adjacent uninjured finger; or
2. Tape injured finger to a tongue depressor, aluminum splint, or pen and pencil
3. Secure with sling and swathe

### COLLAR BONE

Support and limit movement of affected area Follow Procedures No. 1, No. 3 and No. 4 above

### SHOULDER BLADE

Support and limit movement of affected area Follow Procedures No. 1, No. 3 and No. 4 above

**NOTE: Do not reposition dislocations**

## **SPLINTING (SOFT) UPPER EXTREMITY FRACTURES AND DISLOCATIONS (WRIST AND HAND)**

PROCEDURES	CRITICAL SKILLS
1. CARE FOR FRACTURE	<input type="checkbox"/> <input type="checkbox"/> *A. Check for distal circulation, sensation, and motor function B. Do not attempt to reduce dislocations (if applies)
2. IMMOBILIZING FRACTURE	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> A. Support affected limb and limit movement B. Place two cravats (triangular bandage) under wrist/hand C. Place pillow length wise under wrist/hand, on top of cravats (pillow should extend past fingertips) D. Lower limb, adjust cravats to tie E. Tie cravats distal to proximal
3. SECURING WITH SLING	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> A. Place sling over chest and under arm B. Hold or stabilize arm C. Triangle should extend behind elbow or injured side D. Secure excess material at elbow E. Fingertips should be exposed *F. Reassess distal circulation, sensation, and motor function
4. SECURING SLING WITH SWATHE	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> A. Use triangle cravat or factory swathe B. Swathe is tied around chest and injured arm *C. Reassess distal circulation, sensation, and motor function

**SPLINTING (RIGID OR SOFT) PELVIC GIRDLE, THIGH, KNEE  
AND LOWER LEG**

PROCEDURES	CRITICAL SKILLS
1. DETERMINE NEED FOR SPLINTING	<input type="checkbox"/> *A. Assess for: <ul style="list-style-type: none"> <li>▪ Pain</li> <li>▪ Swelling</li> <li>▪ Deformity</li> </ul> <input type="checkbox"/> B. Determine if splinting is warranted
2. APPLY MANUAL STABILIZATION	<input type="checkbox"/> A. Support affected limb and limit movement <ul style="list-style-type: none"> <li>▪ Do not attempt to reduce dislocations</li> </ul>
3. SELECT APPROPRIATE SPLINT	<input type="checkbox"/> A. Select appropriate splinting method depending on position of extremity and materials available <input type="checkbox"/> B. Select appropriate padding material
4. PREPARE FOR SPLINTING	<input type="checkbox"/> A. Remove or cut away clothing as needed <input type="checkbox"/> *B. Assess distal circulation, sensation, and motor function <input type="checkbox"/> C. Cover any open wounds with sterile dressing and bandage <input type="checkbox"/> D. Measure splint <input type="checkbox"/> E. Pad around splint for patient comfort



**SPLINTING (SOFT) LOWER EXTREMITY FRACTURES AND  
DISLOCATIONS (ANKLE AND FOOT)**

PROCEDURES	CRITICAL SKILLS	
1. CARE FOR FRACTURE	<input type="checkbox"/>  <input type="checkbox"/>	*A. Assess for distal circulation, sensation, and motor function  B. Do not attempt to reduce dislocations (if applies)
2. IMMOBILIZING FRACTURE	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	A. Support affected limb and limit movement B. Place three cravats (triangular bandage) under ankle/foot C. Place pillow length wise under ankle/foot, on top of cravats (pillow should extend 6 inches beyond foot) D. Lower limb, adjust cravats to tie E. Tie cravats distal to proximal F. Elevate with blanket or pillow *G. Reassess distal circulation, sensation, and motor function

**SPLINTING UPPER EXTREMITY/LOWER EXTREMITY  
FRACTURES (AIR SPLINT)**

PROCEDURES	CRITICAL SKILLS
1. CARE FOR FRACTURE	<input type="checkbox"/> *A. Assess distal circulation, sensation, and motor function(fingers/toes)
2. IMMOBILIZE FRACTURE	<input type="checkbox"/> A. Grasp above and below the injury site <input type="checkbox"/> B. Maintain support <input type="checkbox"/> C. Properly apply air splint <input type="checkbox"/> D. Splint should be relatively free of wrinkles <input type="checkbox"/> E. Inflate splint to point that slight dent can be made <input type="checkbox"/> *F. Reassess distal circulation, sensation, and motor function (fingers/toes)
3. MONITOR AIR-INFLATED SPLINT	<input type="checkbox"/> *A. Periodically check for increase or decrease in pressure <input type="checkbox"/> *B. Monitor pressure in splint with finger tip <input type="checkbox"/> C. Make sure desired pressure is maintained <input type="checkbox"/> *D. Reassess distal circulation, sensation, and motor function (fingers/toes)

**NOTE:** Air splints may not be used with open (protruding bones) fractures. Air splints may only be used on the lower part of the extremities (from below the elbow on the arm and below the knee to the leg).

## SPLINTING - FLAIL CHEST

PROCEDURES	CRITICAL SKILLS
1. DETERMINE NEED FOR SPLINTING	<input type="checkbox"/> *A. Assess for: <ul style="list-style-type: none"> <li>• Pain</li> <li>• Swelling</li> <li>• Deformity</li> </ul> <input type="checkbox"/> *B. Determine if splinting is warranted
2. SELECT APPROPRIATE SPLINTING MATERIAL	<input type="checkbox"/> A. Choose a pillow, blanket, trauma dressing, or other appropriate splinting material
3. PREPARE FOR SPLINTING	<input type="checkbox"/> *A. Remove or cut away clothing as needed. <input type="checkbox"/> B. Cover any open wounds with sterile dressing and bandage
4. APPLY SPLINT	<input type="checkbox"/> A. Affix splint to chest with adhesive tape or roller bandage <input type="checkbox"/> B. Immobilize the site of injury <input type="checkbox"/> C. Use caution when taping splint to chest circumferentially <input type="checkbox"/> *D. Ensure sufficient chest expansion
5. REASSESS	<input type="checkbox"/> *A. Assess patient response and level of comfort
6. ASSIST VENTILATIONS	<input type="checkbox"/> *A. Assist with ventilation as needed

## ONE RESCUER BLANKET DRAG

PROCEDURES		CRITICAL SKILLS
1. VICTIM SUPINE ON GROUND	<input type="checkbox"/> <input type="checkbox"/>	A. Properly prepare blanket for use in blanket drag B. Spread blanket alongside patient with approximately one half the width gathered lengthwise into pleats
2. POSITION PATIENT	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	A. Properly roll victim on one side B. Take patients arm on side of body opposite to blanket and extend arm over head C. Support head and neck roll patient on side away from blanket
3. PLACE PATIENT ON BLANKET	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	A. Properly position on blanket B. Hold patient on side while pleated portion of blanket is pulled in close to victim's back C. Roll patient onto blanket, extend opposite arm and roll onto opposite side D. Smooth out pleats and roll patient onto back E. Snugly wrap patient in blanket with arms at sides
4. PREPARE TO DRAG PATIENT	<input type="checkbox"/> <input type="checkbox"/>	A. Proper blanket drag of patient B. Grasp portion of blanket beneath victim's head and drag victim to safety

## TWO RESCUER EXTREMITY GROUND LIFT

PROCEDURES	CRITICAL SKILLS	
1. POSITIONING	<input type="checkbox"/>  <input type="checkbox"/>	<p>A. Rescuer 1 - Kneel at the head of the patient and place one hand under each of the shoulders</p> <p>B. Rescuer 2 - Kneel by the patients feet and grasp the patient's wrist</p>
2. RAISING PATIENT TO A SITTING POSITION	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<p>A. Direct rescuer 2-to pull patient into a sitting position.</p> <p>B. Rescuer 1 - push patient's shoulders up, slip your arms under the patient's armpits and grasp wrist.</p> <p>C. Rescuer 2 - Gently pull on patient's arms</p>
3. POSITIONING AND LIFTING	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<p>A. Rescuer 1 -Once the patient is in a semi sitting position have rescuer 2 crouch down and grasp the patient's legs behind the knees.</p> <p>B. Rescuer 1-Directs rescuer 2 so you both stand at the same time. Then move as a unit when carrying the patient.</p> <p>C. The rescuer at the head to direct the rescuer at the feet when to stop the carry and when to place the patient down in a supine or seated position.</p>

## SHIRT DRAG

PROCEDURES		CRITICAL SKILLS
1. POSITIONING	<input type="checkbox"/>	A. Rescuer - Kneel at the head of the patient and place one hand under each of the shoulders
2. MOVING PATIENT	<input type="checkbox"/> <input type="checkbox"/>	A. Rescuer - Grasp shirt at the shoulder area B. Drag patient in a straight (keep spine as straight as possible avoid dragging a patient sideways, by one arm, or one leg. A sideways drag can cause twisting motions of the spine that could aggravate existing injuries.)
3. MOVING PATIENT DOWN STAIRS OR INCLINE	<input type="checkbox"/>	A. When using a drag to move a patient down stairs or down an incline, grab the patient under the shoulders and pull the patient head first as you walk backward. If possible try to cradle the patient's head in your forearms as you drag.

**ESTABLISHING AIRWAY-SUSPECTED CERVICAL SPINE (NECK)  
INJURY**

PROCEDURES		CRITICAL SKILLS
1. STABILIZE HEAD	<input type="checkbox"/> <input type="checkbox"/>	A. Rescuer – Position at top of the victim’s head B. Restrain victim’s head and neck to avoid voluntary or involuntary movement/rotation of the neck
2. ESTABLISH AIRWAY	<input type="checkbox"/>	A. Use modified jaw thrust maneuver without causing over-extension of victim’s neck
3. CHECK FOR BREATHING	<input type="checkbox"/> <input type="checkbox"/>	A. Look for absence of breathing (no chest rise and fall) or gasping, which are not considered adequate (within 10 seconds) *B. State that the victim is/is not breathing
4. MAINTAIN OPEN AIRWAY	<input type="checkbox"/>	A. Do not compromise suspected neck injury

## SHOCK

PROCEDURES	CRITICAL SKILLS
<p>1. CHECK FOR SIGNS AND SYMPTOMS OF SHOCK</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> *A. Check restlessness; anxiety; altered mental status; increased heart rate; normal to slightly low blood pressure; mildly increased breathing rate; pale (or bluish) skin (in victim with dark skin examine inside of mouth and nailbeds for bluish coloration.</li> <li><input type="checkbox"/> *B. Check for cool, moist skin; sluggish pupils; and nausea and vomiting.</li> <li><input type="checkbox"/> *C. Check for weakness</li> </ul>
<p>2. TREATMENT</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> A. Ensure the ABCs are properly supported.</li> <li><input type="checkbox"/> B. Control external bleeding.</li> <li><input type="checkbox"/> C. Keep the patient in a supine position.</li> <li><input type="checkbox"/> *D. Calm and reassure the patient, and maintain a normal body temperature.</li> <li><input type="checkbox"/> E. Cover with blanket to prevent loss of body heat and place a blanket under the patient. (Do not try to place blanket under patient with possible spinal injuries)</li> <li><input type="checkbox"/> F. Continue to monitor and support ABCs</li> <li><input type="checkbox"/> G. Do not give the patient anything by mouth. Do not give any fluids or food and be alert for vomiting.</li> <li><input type="checkbox"/> *H. Monitor the patient's ABCs at least every five minutes.</li> <li><input type="checkbox"/> *I. Reassure and calm the patient</li> </ul>

## IMMOBILIZATION - LONG SPINE BOARD (Backboard)

PROCEDURES	CRITICAL SKILLS	
1. MOVE THE PATIENT ONTO THE LONG SPINE BOARD	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<p>A. Rescuer One at the head must maintain in-line immobilization of the head and spine</p> <p>B. Rescuer One at the head directs the movement of the patient</p> <p>C. Other Rescuers control movement of the rest of body</p> <p>D. Rescuer Two position themselves on same side</p> <p>E. Upon command of Rescuer One at the head, roll patient onto side toward Rescuer Two.</p> <p>F. Quickly assess posterior body, if not already done</p> <p>G. Place long spine board next to the patient with top of board beyond top of head</p> <p>H. Place patient onto the board at command of the Rescuer at head while holding in-line immobilization using methods to limit spinal movement</p> <p>I. Slide patient into proper position using smooth coordinated moves keeping spine in alignment</p>
2. PAD VOIDS BETWEEN PATIENT AND LONG SPINE BOARD	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<p>A. Select and use appropriate padding</p> <p>B. Place padding as needed under the head</p> <p>C. Place padding as needed under torso</p>
3. IMMOBILIZE BODY TO THE LONG SPINE BOARD	<input type="checkbox"/>	<p>A. Strap and secure body to board ensuring spinal immobilization, beginning at shoulder and working toward feet</p>
4. IMMOBILIZE HEAD TO THE LONG SPINE BOARD	<input type="checkbox"/> <input type="checkbox"/>	<p>A. Using head set or place rolled towels on each side of head</p> <p>B. Tape and/or strap head securely to board, ensuring cervical spine immobilization</p>
5. REASSESS	<input type="checkbox"/> <input type="checkbox"/>	<p>*A. Reassess distal circulation, sensation, and motor function</p> <p>*B. Assess patient response and level of comfort</p>

## IMMOBILIZATION OF CERVICAL SPINE

PROCEDURES	CRITICAL SKILLS
1. ESTABLISH AND MAINTAIN IN-LINE IMMOBILIZATION	<input type="checkbox"/> A. Place head in a neutral, in-line position unless patient complains of pain or the head is not easily moved into position <input type="checkbox"/> B. Place head in alignment with spine <input type="checkbox"/> C. Maintain constant manual in-line immobilization until the patient is properly secured to a backboard with head immobilized
2. ASSESS CSM	<input type="checkbox"/> *A. Assess distal circulation, sensation, and motor function (on all extremities)
3. ASSESS CERVICAL REGION AND NECK	<input type="checkbox"/> *A. Inspect and palpate for injuries or signs of injuries <input type="checkbox"/> B. Remove clothing or jewelry as necessary
4. BANDAGE ANY WOUND	<input type="checkbox"/> A. Any neck wounds
5. APPLY CERVICAL SPINE IMMOBILIZATION	<input type="checkbox"/> A. Apply properly sized collar or manual immobilization <u>One piece C-collar</u> <input type="checkbox"/> A. Select proper sized collar <input type="checkbox"/> B. Apply collar <input type="checkbox"/> C. Ensure that patient's head is not twisted during application <input type="checkbox"/> D. Ensure airway is open after placement <u>Two piece C-collar</u> <input type="checkbox"/> A. Select proper sized collar <input type="checkbox"/> B. Apply rear section to back of neck <input type="checkbox"/> C. Center rigid support on spine <input type="checkbox"/> D. Apply front section ( overlaps rear section) <input type="checkbox"/> E. Ensure chin rests in chin cavity <input type="checkbox"/> F. Secure collar with Velcro straps <input type="checkbox"/> G. Ensure airway is open after placement
6. SECURE HEAD TO APPROPRIATE IMMOBILIZATION DEVICE	<input type="checkbox"/> A. Immobilize patient to appropriate immobilization device <input type="checkbox"/> B. Use head set or place rolled blankets or towels on each side of head <input type="checkbox"/> C. Tape and or strap head securely to appropriate immobilization device
7. REASSESS	<input type="checkbox"/> *A. Reassess distal circulation, sensation, and motor function <input type="checkbox"/> *B. Assess patient response and level of comfort

## BURNS

PROCEDURES	CRITICAL SKILLS
1. DETERMINE BURN TYPE	<input type="checkbox"/> <ul style="list-style-type: none"> <li>*A. Determine type               <ul style="list-style-type: none"> <li>▪ Thermal</li> <li>▪ Chemical</li> <li>▪ Electrical</li> </ul> </li> </ul>
2. DETERMINE BODY SURFACE AREA	<input type="checkbox"/> <ul style="list-style-type: none"> <li>*A. Determine Body Surface Area (BSA) using rule of nines</li> </ul>
3. BURN CARE (All Types)	<input type="checkbox"/> *A. Remove patient from source of burn and prevent further contamination <input type="checkbox"/> *B. Consider the type of burn and stopping the burning process initially with water or saline. <input type="checkbox"/> C. Do not flush with water unless they involve an area less than 9% of the total body surface area) <input type="checkbox"/> D. Remove smoldering clothing (do not remove any clothing that is melted onto the skin) <input type="checkbox"/> jewelry <input type="checkbox"/> *E. Continually monitor the airway for evidence of closure <input type="checkbox"/> F. Prevent further contamination. Keep the burned area clean by covering it with a dressing. Cover partial- and full-thickness burns with dry clean dressings. In most cases place dry, sterile dressings onto the burned area. <input type="checkbox"/> *G. Do not use any type of ointment, lotion or antiseptic <input type="checkbox"/> *H. Do not break blisters <input type="checkbox"/> *I. Ensure patient does not get hypothermic <input type="checkbox"/> J. If eyes or eyelids have been burned, placed dressings or pads over them. Moisten these pads with sterile water if possible. Both eyes will be covered. <input type="checkbox"/> K. If serious burn (partial or full-thickness burns) involves the hands or feet, always place a clean pad between toes or fingers when completing the dressing.

<p>4. CARE FOR CHEMICAL BURNS</p>	<input type="checkbox"/> <input type="checkbox"/>	<p>A. Protect yourself from exposure to hazardous materials</p> <p>B. Wear gloves, eye protection, and respiratory protection</p> <p>*C. Flush the burned area for at least 20 minutes. (If possible and it can be done quickly, try to identify any chemical powders before applying water)</p> <p>D. Apply a dry, clean dressing.</p> <p>E. If dry lime is the agent causing the burn, do not flush with water. Instead use a dry dressing to brush the substance off the patient's skin, hair, and clothing.</p> <p>F. Remove any contaminated clothing or jewelry.</p> <p>G. Once this is done, you may flush the area with water.</p> <p>H. Use caution not to contaminate uninjured areas when flushing or brushing</p>
<p>5. CARE FOR ELECTRICAL BURNS</p>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<p>*A. Ensure safety before removing patient from the electrical source</p> <p>*B. If the patient is still in contact with the electrical source or you are unsure, do not approach or touch the patient, contact power company</p> <p>*C. Monitor the patient closely for respiratory and cardiac arrest</p> <p>D. Treat the soft tissue injuries associated with the burn</p> <p>*E. Look for both an entrance and exit wound</p>
<p>6. REASSESS</p>	<input type="checkbox"/>	<p>*A. Reassess level of consciousness (AVPU), respiratory status, and patient response</p>

**Multiple burns will be treated as per procedures listed in patient assessment.**

## EARLY OR SUPERFICIAL FROSTBITE

PROCEDURES		CRITICAL SKILLS
1. ASSESS FOR FROSTBITE AND COLD INJURIES	<input type="checkbox"/>	*A. Patient exhibits signs and symptoms of frostbite or cold injuries
2. ASSESS FOR EARLY OR SUPERFICIAL FROSTBITE	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	A. Blanching of the skin - palpitation of the skin in which normal color does not return B. Loss of feeling and sensation in the injured area C. Skin remains soft D. If re-warmed, patient will feel a tingling sensation
3. TREAT EARLY OR SUPERFICIAL INJURY	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	*A. Remove the patient from the environment B. Protect the cold injured extremity from further injury *C. Remove wet or restrictive clothing D. Do not rub or massage E. Do not re-expose to the cold
4. REASSESS	<input type="checkbox"/>	*A. Reassess level of consciousness (AVPU), respiratory status and patient response

## LATE OR DEEP COLD INJURY

PROCEDURES	CRITICAL SKILLS	
1. ASSESS FOR FROSTBITE AND COLD INJURIES	<input type="checkbox"/>	*A. Patient exhibits signs and symptoms of frostbite or cold injuries
2. ASSESS FOR LATE OR DEEP COLD INJURY	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	A. White, waxy skin B. Firm to frozen feeling upon palpitation C. If thawed or partially thawed, the skin may appear flushed with areas of purple and blanching or mottled and cyanotic D. Swelling may be present E. Blisters may be present
3. TREAT LATE OR DEEP COLD INJURY	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	*A. Remove the patient from the environment B. Protect the cold injured extremity from further injury *C. Remove wet or restrictive clothing D. Remove jewelry E. Cover with dry clothing or dressings *F. Do not: <ul style="list-style-type: none"> <li>▪ Break blisters</li> <li>▪ Rub or massage area</li> <li>▪ Apply heat</li> <li>▪ Re-warm</li> <li>▪ Allow the patient to walk on the affected extremity</li> </ul>
4. REASSESS	<input type="checkbox"/>	*A. Reassess level of consciousness (AVPU), respiratory status and patient response

## MILD HYPERTHERMIA (HEAT)

PROCEDURES	CRITICAL SKILLS	
1. ASSESS FOR HYPERTHERMIA	<input type="checkbox"/>	*A. Patient exhibits signs and symptoms of hyperthermia: <ul style="list-style-type: none"> <li>▪ Redness</li> <li>▪ Muscular cramps</li> <li>▪ Weakness or exhaustion</li> <li>▪ Rapid heart rate</li> <li>▪ Dizziness or faintness</li> <li>▪ Altered mental status to unresponsive</li> </ul>
2. PREVIOUS INTERVENTIONS	<input type="checkbox"/>	*A. Inquire about previous interventions attempted
3. ASSESS FOR MILD HYPERTHERMIA (HEAT EXHAUSTION)	<input type="checkbox"/>	*A. Check skin for: <ul style="list-style-type: none"> <li>▪ Normal to cool temperature</li> <li>▪ Pale</li> <li>▪ Moist</li> </ul>
4. TREATMENT FOR MILD HYPERTHERMIA	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	*A. Place in a cool environment *B. Cool patient by fanning C. Put in supine position with legs elevated *D. Offer drinking water if patient is responsive and not nauseated E. If the patient is unresponsive or is vomiting, transport to the hospital
5. REASSESS	<input type="checkbox"/>	*A. Reassess level of consciousness (AVPU), respiratory status and patient response

## SEVERE HYPERTHERMIA

PROCEDURES	CRITICAL SKILLS	
1. ASSESS FOR HYPERTHERMIA	<input type="checkbox"/>	*A. Patient exhibits signs and symptoms of hyperthermia: <ul style="list-style-type: none"> <li>▪ Redness</li> <li>▪ Muscular cramps</li> <li>▪ Weakness or exhaustion</li> <li>▪ Rapid heart rate</li> <li>▪ Dizziness or faintness</li> <li>▪ Altered mental status to unresponsive</li> </ul>
2. PREVIOUS INTERVENTIONS	<input type="checkbox"/>	*A. Inquire about previous interventions attempted
3. ASSESS FOR SEVERE HYPERTHERMIA (HEAT STROKE)	<input type="checkbox"/>	*A. Check skin for: <ul style="list-style-type: none"> <li>▪ Hot temperature</li> <li>▪ Red</li> <li>▪ Dry or moist</li> </ul>
4. TREATMENT FOR SEVERE HYPERTHERMIA	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	*A. Place patient in a cool environment *B. Wet patient skin by applying water from sponge or wet towels and fan C. Put in supine position with legs elevated *D. Offer drinking water if patient is responsive and not nauseated *E. Apply cool packs to neck, groin and armpits *F. Transport immediately
5. REASSESS	<input type="checkbox"/>	*A. Reassess level of consciousness (AVPU), respiratory status and patient response