



EMT

Emergency Medical Technician

ELIGIBILITY (Team of 2)

Open to a team of two active SkillsUSA members enrolled in career and technical education programs with Emergency Medical technician (EMT) or related fields as an occupational objective.

CLOTHING REQUIREMENTS

Attire for both men and women: Home school uniform or Official light blue SkillsUSA work shirt, navy pants and black or brown leather work shoes or safety shoes (optional protective toe cap).

NOTE: At the district level if a student is not able to wear the official SkillsUSA attire he/she may wear an outfit that would be acceptable in their specific field of study. Please keep in mind that official SkillsUSA attire will be required at the state and national level.

EQUIPMENT AND MATERIALS SUPPLIED BY HOST

1. Two blankets and two pillows
2. Oxygen cylinders
3. Suction devices with assorted catheters
4. Long spine backboard with speed clips and “Spider straps”
5. KED board or equivalent
6. Adjustable C-collars
7. Complete set of padded board splints
8. CPR manikins and AED
9. Pulse oximeter
10. Traction Splint
11. Pelvic binder
12. Patient Care Report as found in the AAOS Emergency Care and Transportation of the Sick and Injured 12th Edition

EQUIPMENT AND MATERIALS SUPPLIED BY CONTESTANT

All students must have a one-page, typewritten résumé

1. Proof of CPR and First Aid Training
2. Watch with second hand - no smart watch
3. 2 - #2 pencils with erasers
4. PPE to include:
 - a. 1 box of disposable medical exam gloves
 - b. 2 pair of eye protection
 - c. 4 surgical masks, and pocket mask or another appropriate barrier device
4. Jump Bag (1 jump bag per team) to contain:
 - a. 2 - Occlusive dressings
 - b. 4 - Abdominal dressings
 - c. 1 - Trauma dressing
 - d. Trauma shears or medical scissors



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- e. Pen light
- f. Stethoscope (one per team)
- g. Blood Pressure Cuff (one)
- h. 25 - 4x4 bandages
- i. 3 rolls - Self adhering roller bandages
- j. 6 - Triangular bandages
- k. Medical tape
- l. Oral and Nasal Airway complete set
- m. Adult BVM, Child BVM, and infant BVM
- n. Commercial Tourniquet or materials for an improvised Tourniquet

SCOPE OF THE CONTEST - (DEFINED BY THE NATIONAL COMPETITION REGULATIONS)

(District Competitions are meant to be a scaled down version of National Competition. It is important for the students to participate in a competition that will reflect a cross-section of the industry skills needed to prepare them for the state and national levels)

KNOWLEDGE PERFORMANCE

The contest includes a 25 multiple choice written knowledge exam that will cover 9 major sections in the AAOS Emergency Care and Transportation of the Sick and Injured text, 12th edition.

(Preparatory material, Patient Assessment Process, Airway management, Pharmacology, Shock and resuscitation (including Healthcare Provider CPR), Medical Emergencies, Trauma Emergencies, Special Patient Populations, EMS Operations.

SKILLS PERFORMANCE

1. Competitors will complete 2 randomly chosen scenarios and 2 randomly chosen skills from the list below. Scenarios and skills will be randomly chosen by the contest chair on the day of the event. Scenario and skill time allotment is noted below:

***Scenarios - 15-minute time allotment

1. Full medical patient assessment and treatment (full skill demonstration, including assessment, treatment, and reassessment).
2. Full trauma patient assessment and treatment (full skill demonstration, including assessment, treatment, and reassessment).
3. Full Cardiopulmonary Resuscitation scenario (may include oxygen administration, suctioning, bag-valve-mask manual ventilation, AED application and use, proper CPR algorithm use).
 - a. Acceptable methods are those which are demonstrated in the AAOS BLS (Basic Life Support) for the Health Care Provider (6th Edition) or American Health Association BLS/Basic Life Support series (publish date 10/2020). CPR skills must be integrated with the additional skills and algorithms taught in the EMT curriculum.

***Skills – 10-minute time allotment

1. Immobilization of joint injury



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2. Immobilization of a long bone injury
3. Full spinal immobilization of a seated patient
4. Full spinal immobilization of a supine patient
5. Bleeding control

Please note: While the areas to be evaluated may mimic the NREMT (National Registry of Emergency Medical Technicians) skill sheets, contestants **WILL BE REQUIRED** to perform a full demonstration of skills, assessments, treatments, and reassessments. Contestants will **NOT** be awarded points for providing “voice treatments”.

Please note: Any contestant that moves on to Nationals, must have an American Heart Association BLS Care Provider CPR Certification.

EMT SCORING SHEET

| Items evaluated | Description | Possible Points |
|------------------|----------------|-----------------|
| Written test | | 25 |
| Scenario 1 | | 30 |
| Scenario 1 | | 30 |
| Skills 1 | | 15 |
| Skills 2 | | 15 |
| | Subtotal = 115 | |
| Clothing Penalty | Deduction -5 | |
| No resume | Deduction -10 | |
| No CPR card | Deduction -10 | |
| Safety Penalty | Deduction -10 | |
| | TOTAL | |

Note: No cell phones or other electronic devices may be used at any time during a competition; this includes using a calculator function on a cell phone for competitions in which calculators are permitted.

Note: Scorecards should only be used as guidance. Changes may occur.