**SkillsUSA CERT Competition**

This is an individual contest that will have compenents where students will work with other students as team. Max score = 200

Attire: Students should wear attire appropriate for their area of public safety.

1. Head-to-toe assessment   
   Maximum points = 35, judged individually  
   What we are looking for: Individuals should check: Airway, breathing, circulation, neck, eyes, ears, nose, shoulders, sternum, arms, ribs, 4 quadrants of stomach, pelvis, legs, back, check PMS of hands and feet and cap refill. Assessment should take < 1 minute. Supplies needed: rescue mannequin (supplied by NC CERT).
2. Splinting   
   Maximum points = 30, judged as a team  
   What you are looking for: Team should work well together and assess the patient’s broken limb. We will watch how they decide what to use for splinting and how well they immobilize the injury. They should check PMS before and after splinting. Supplies needed: bandaging material, splinting material (supplied by NC CERT).
3. Radio skills   
   Maximum points = 20, judged individually  
   What you are looking for: Individuals should be comfortable handling/assembling the radio, and know how to work it. They should begin the transmission by identifying themselves and saying who they are calling. After they get a response, they will do what is required of them for the scenario. They should be familiar with the phonetic alphabet. Transmissions should end with the individual signing off. Supplies needed: radios (supplied by NC CERT).
4. Triage   
   Maximum points = 50, scored as a team  
   What we are looking for: Teams should quickly and efficiently evaluate the patients and correctly sort them as “Minor,” “Delayed,” “Immediate,” and “Dead.” The score will be based on efficiency and how well they work together, as well as correct decisions. Supplies needed: patient cards (supplied by NC CERT).
5. Pack check   
   Maximum points = 20, judged individually  
   What we are looking for: We will ask individuals to show that they have medical gloves, work gloves, a helmet, and eye protection, reflective vest, working flashlight or headlamp, spare batteries, bandage or gauze wraps, water, snack. They get five points for each item. Supplies needed: students should bring their own packs.
6. Fire Suppression  
   Maximum points = 45, scored as a team  
   What we are looking for: Individuals should appropriately sizeup the fire and determine if it is safe for them to approach and fight the fire with the extinguisher that is available. They must demonstrate the P.A.S.S. method of extinguisher use, use the buddy system a good communication between the two. Supplies needed: burn pan, fire extinguishers. (NC CERT can bring these items, but will need assistance with recharging extinguishers @ ~$35 ea).