

# CERT Skills

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**New for 2021 - 2022**

Skill step point values have been revised.  
Test plan has been changed to include BLS, CPR, AED & First Aid content.

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## Event Summary

CERT Skills provides members with the opportunity to gain knowledge and skills required for disaster preparedness and response. This competitive event consists of 2 rounds and each team consists of two (2) people. Round One is a written, multiple-choice test and the top scoring teams will advance to Round Two for the skills assessment. This event aims to inspire members to be proactive future health professionals and respond efficiently to complex community hazards in the absence of emergency services.

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

## General Rules

1. Competitors in this event must be active members of HOSA and in good standing.
2. Secondary and Postsecondary / Collegiate divisions are eligible to compete in this event.
3. Competitors must be familiar with and adhere to the [“General Rules and Regulations of the HOSA Competitive Events Program \(GRR\).”](#)
4. All competitors shall report to the site of the event at the time designated for each round of competition. At ILC, competitor's [photo ID](#) must be presented prior to ALL competition rounds.
5. Competitors should compete in skill events at the highest level of training. An example would be students enrolled in an Emergency Medical Technician course should compete in the Emergency Medical Technician event and NOT in the CERT or CPR/First Aid event.

## Official References

6. All official references are used in the development of the written test. The specific references selected for each skill are from the CERT Curriculum.
  - CERT Training Materials (as posted as of September, 2021): [Community Emergency Response Team Training Participant Manual](#)
  - CERT Online Training Course (as posted as of September 1, 2021): <https://www.ready.gov/cert>
  - [American Heart Association, Basic Life Support, Latest edition.](#)
  - [American Heart Association, Heartsaver First Aid CPR AED. Latest edition.](#)

7. Competitors at the HOSA International Leadership Conference should have completed a classroom-based FEMA CERT basic training course. For information about CERT training in your state or starting a CERT chapter, go to [ready.gov/citizencorp](https://www.ready.gov/citizencorp). Those who do not have access to a classroom-based training course can access one online via <https://www.ready.gov/cert>

## Round One Test

8. **Test Instructions:** The written test will consist of fifty 50 multiple choice items in a maximum of 60 minutes.
9. **Time Remaining Announcements:** There will be a verbal announcement when there are 30 minutes, 15 minutes, 5 minutes, and 1 minute remaining to complete the test.
10. **Written Test Plan**

Disaster Preparedness .....	10%
CERT Organization .....	6%
Treating Life Threatening Conditions (including BLS, CPR, AED, First Aid).....	36%
Disaster Medical Operations (including head-to-toe assessment).....	20%
Disaster Psychology .....	6%
Fire Safety .....	6%
Light Search and Rescue Operations .....	10%
Terrorism .....	6%

*NOTE: **Chartered associations/regions** may use a different process for testing, to include but not limited to pre-conference testing, online testing, and testing at a computer. Check with your **Chartered Association** for the process you will be using.*

11. The average test score from Round One will be used to qualify the team for Round Two.

## 12. Sample Test Questions

1. What kind of permission does a CERT volunteer need to treat an unconscious patient?
  - A. Contact nearest family member to get permission
  - B. An unconscious patient is assumed to have given implied consent**
  - C. An EMT must give permission to treat an unconscious patient
  - D. Contact the patient's physician for permission and instructions

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2. During one-rescuer adult CPR, compressions should be performed at what rate?
  - A. 60-80/min
  - B. 80-100/min
  - C. 100-120/min**
  - D. 120-140/min

AHA BLS Page 19
3. Which burn classification is characterized by reddened, dry skin; pain; and swelling?
  - A. Superficial**
  - B. Partial thickness
  - C. Complete
  - D. Full thickness

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## Round Two Skills

13. Round Two is the performance of a selected skill(s). The Round Two skills approved for this event are:
- |   |             |
|---|-------------|
| Skill I A&B: Treating Life-Threatening Conditions | (5 minutes) |
| Skill II: Head-to-Toe Assessment                  | (5 minutes) |
| Skill III: Lifts and Carries                      | (8 minutes) |
| Skill IV: Splinting a Closed Fracture             | (5 minutes) |
14. The selected skill(s) will be presented to competitors as a written scenario at the beginning of the round. The scenario will be the same for each team and will include a challenging component that will require the competitors to apply critical thinking skills. A sample scenario can be found [here](#).
15. Timing will begin when the scenario is presented to the team. and competitors will be stopped at the end of the time allowed.
16. The scenario is a secret topic. Competitors MAY NOT discuss or reveal the secret topic until after the event has concluded or will face penalties per [the GRRs](#).
17. Judges will provide information to competitors as directed by the rating sheets. Competitors may ask questions of the judges while performing skills if the questions relate to patient physiology and will be included in the scenario.

## Final Scoring

18. Teams must earn a score of 70% or higher on the combined skill(s) of the event (excluding the test) in order to be recognized as an award winner at the ILC.
19. Final rank is determined by adding the averaged round one test score plus round two skill score. In case of a tie, the highest averaged test score will be used to determine final placement.

### Competitors Must Provide

#### Round One

- ☐ Two #2 lead pencils with eraser
- ☐ [Photo ID](#)

#### Round Two

- ☐ Watch with second hand (optional-Round Two only)
- ☐ [Photo ID](#)

#### Disaster Kit with the following items:

- ☐ Supply bag
- ☐ Barrier supplies for each competitor:
  - 10 pairs of exam gloves (non-latex) per competitor
  - Goggles or safety glasses
  - 2 dust masks (student to verbalize N95 Mask would be used)
- ☐ Helmet (may be simulated/verbalized)
- ☐ Sturdy shoes or Boots (may be simulated/verbalized)
- ☐ Bleeding Control/Bandage Materials (team's choice)
- ☐ Scissors
- ☐ Plain paper (or note cards) and pen or marker for documentation and labeling treatment areas if needed
- ☐ Clip board and spiral notebook (optional)

# CERT SKILLS

Team #: \_\_\_\_\_ Section #: \_\_\_\_\_

Judge's Signature: \_\_\_\_\_

<b>Skill IA: Treating Life-Threatening Conditions: Opening the Airway (Rescuer 1) (5 minutes)</b>		<b>Possible</b>		<b>Awarded</b>
1.	Donned safety equipment: helmet, goggles, gloves (work & non-latex) dust N95 mask, and sturdy shoes or boots. Helmet, boots and N95 mask equipment may be verbalized.	2	0	
2.	Surveyed the scene by doing a thorough size-up.	2	0	
3.	Identified an unconscious patient (manikin).	1	0	
4.	At arm's distance, shake the patient by touching the shoulder and shouting "Can you hear me?" <b>~ Judge states, "No response."</b>	2	0	
5.	Verbalized that an airway obstruction is suspected.	1	0	
6.	Performed a jaw-thrust maneuver: a. Kneeled at the patient's head	1	0	
	b. Placed one hand on each side of the patient's head with the thumbs near the corners of the mouth pointed toward the chin, using the elbows for support.	1	0	
	c. Slid the fingers into position under the angles of the patient's jawbone without moving the head or neck. <b>~ Judge states, "Attempt to open airway successful."</b>	2	0	
7.	Placed patient in recovery position: a. Laid body on side.	1	0	
	b. Bottom arm reached outward.	1	0	
	c. Top arm placed on the bicep of the bottom arm.	1	0	
	d. Head rested on the hand.	1	0	
	e. Bent legs slightly.	1	0	
	f. Chin raised forward.	1	0	
	g. Mouth pointed downward.	1	0	
8.	Appropriate verbal and nonverbal communication with patient and other personnel.	2	0	
<b>TOTAL POINTS -- SKILL IA (Rescuer 1)</b>		<b>21</b>		
<b>70% Mastery for Skill IA (Rescuer 1) = 14.7</b>				

# CERT SKILLS

Team #: \_\_\_\_\_ Section #: \_\_\_\_\_

Judge's Signature: \_\_\_\_\_

Skill IB: Treating Life-Threatening Conditions: Controlling Bleeding (Rescuer 2) ( 5 minutes)		Points Possible	Points Awarded
1.	Donned safety equipment: helmet, goggles, gloves (work & non-latex) dust N95 mask, and sturdy shoes or boots. Helmet, boots and N95 mask equipment may be verbalized.	2 0	
2.	Surveyed the scene by doing a thorough size-up.	2 0	
3.	Identified a patient with uncontrolled bleeding.	1 0	
4.	Made sure the patient could see you as you approach.	1 0	
5.	Identified self by providing name and organization.	2 0	
6.	Requested permission to treat individual.	2 0	
7.	Identified the source of the bleeding (arm or leg per scenario).	1 0	
8.	Applied firm, steady pressure using 4 x 4 gauze directly on the source of the bleeding (pushing hard even if patient complains of pain).	2 0	
9.	~ <b>Judge states, "Wound is still bleeding and EMS has been delayed".</b> Applied tourniquet ( <b>use of manikin arm or pool noodle to demonstrate application of tourniquet</b> ).		
a.	Obtained commercial tourniquet from supply bag.	2 0	
b.	Placed tourniquet as high as possible on the injured limb (closest to torso) over clothing.	2 0	
c.	Pulled the strap through the buckle.	1 0	
d.	Reassured patient that tightening may be painful but is necessary to stop the bleeding.	2 0	
e.	Twisted the rod tightly until bleeding stops or slows significantly.	2 0	
f.	Secured the rod.	2 0	
g.	Tourniquet remained in place until EMS arrived.	2 0	
10.	Assessed for signs of shock: a. Verbalized if rapid, shallow breathing is present. ~ <b>Judge states, "Rapid, shallow breathing is present OR Rapid, shallow breathing is not present".</b>	2 0	
b.	Assessed capillary refill. ~ <b>Judge states, "Capillary refill is greater than 2 seconds OR Capillary refill is less than 2 seconds".</b>	2 0	
c.	Assessed patient's ability to follow simple commands by instructing patient to squeeze your hand. ~ <b>Patient responds appropriately or does not respond per patient instructions".</b>	2 0	
<b>If symptoms of shock are present move to Step #11. If no symptoms of shock, move to Step #12.</b>		-	

Items Evaluated	Points Possible	Points Awarded
11. Maintained body temperature: a. Verbalized removing wet clothing (if indicated in the scenario).	1 0	
b. Placed something that provides separation from the patient & the ground (cardboard, jacket or blanket).	1 0	
c. Wrapped the injured patient with dry layers (coat, blanket).	1 0	
d. Shielded the patient from wind with your body or surrounding objects.	1 0	
12. Appropriate verbal and nonverbal communication with patient and other personnel.	2 0	
<b>TOTAL POINTS -- SKILL IB (Rescuer 2)</b> <b>Without signs of shock</b> <b>With signs of shock</b> <b>70% Mastery for Skill IB (Rescuer 2) =</b> <b>Without signs of shock = 23.8</b> <b>With signs of shock = 26.6</b>	<b>34</b> <b>38</b>	

# CERT SKILLS

Team #: \_\_\_\_\_ Section #: \_\_\_\_\_ Judge's Signature: \_\_\_\_\_  
 Rescuer ☐ 1 ☐ 2

There will be two patients to assess, one per rescuer. Use a duplicate rating sheet for each rescuer.

Skill II: Head-to-Toe Assessment** (5 minutes)		Possible	Awarded
1.	Donned safety equipment: helmet, goggles, gloves (work & non-latex) dust N95 mask, and sturdy shoes or boots. Helmet, boots and N95 mask equipment may be verbalized.	2 0	
2.	Identified a patient to assess.	1 0	
3.	Assessed location and verbalized level of safety. If not in safe or lightly damaged building, moved patient to safe zone.	2 0	
4.	Asked "How were you hurt?" if patient responsive and able to communicate.	2 0	
5.	If conscious, asked permission to conduct assessment.	2 0	
6.	If responsive, asked patient about injuries, pain, bleeding or other symptoms, and checked for medical ID emblems on bracelet or necklace.	2 0	
7.	Checked body parts from the top to the bottom for continuity of bones and soft tissue injuries (DCAP-BTLS) and pulse, movement, sensation in all extremities, in the following order:	1 0	
a.	Evaluated head and verbalized observations.	1 0	
b.	Evaluated neck and verbalized observations.	1 0	
c.	Evaluated shoulders and verbalized observations.	1 0	
d.	Evaluated chest and verbalized observations.	1 0	
e.	Evaluated arms and verbalized observations.	1 0	
f.	Evaluated abdomen and verbalized observations.	1 0	
g.	Evaluated pelvis and verbalized observations.	1 0	
h.	Evaluated legs and verbalized observations.	1 0	
8.	Checked own hands for patient bleeding throughout assessment.	2 0	
9.	Checked pulse in all extremities and verbalized observations.	4 0	
10.	Talked to patient throughout assessment to reduce anxiety.	2 0	
11.	Minimized movement of the head and spine during assessment.	2 0	
12.	Verbalized to judge the type of treatment that is needed.	4 0	
13.	Correctly documented injuries on CERT Victim Treatment Area Record.	2 0	
14.	Appropriate verbal and nonverbal communication with patient and other personnel.	2 0	
<b>TOTAL POINTS – SKILL II</b>		<b>37</b>	
<b>70% Mastery for Skill II = 25.9</b>			

**CERT Victim Treatment Area Record****Form 2.14: CERT Victim Treatment Area Record**

VICTIM TREATMENT AREA RECORD		CERT	DATE	
TREATMENT AREA LOCATION				
TIME IN	NAME OR DESCRIPTION	CONDITION/TREATMENT (update as needed)	MOVED TO	TIME OUT
SCRIBE(S)			PAGE ____ OF ____	



# CERT SKILLS

Team #: \_\_\_\_\_ Section #: \_\_\_\_\_

Judge's Signature: \_\_\_\_\_

The purpose of Skill III-A is to demonstrate the ability to perform lifts and carries. The skill performance is done in a classroom or meeting room setting, and the judge directs the competitors to perform the lifts. In lifts #1 and #4, team members demonstrate the lift on each other. In #2 and #3, the lift is demonstrated on a volunteer who is small in stature.

**Note to judges:** You will use the sequence below for each lift to instruct the competitors on the lifts to be completed.

Skill III-A: Lifts and Carries – Demonstration (8 minutes)		Possible	Awarded
<b>Judge instructs one team member where to sit to assume the role patient, and instructs the other team member to move the patient to safety using the one-person pack-strap carry.</b> <b>**For this lift, competitors should <u>verbalize</u> and <u>simulate</u> the lift WITHOUT actually lifting the other person.</b>			
1.	One-Person Pack-Strap Carry	2	0
a.	Verbalized to patient "I'm going to carry you to safety."	1	0
b.	Stood with his/her back to the patient.	1	0
c.	Placed the patient's arms over the rescuer's shoulders and grabbed the hands in front of the rescuer's chest.	1	0
d.	Hoisted the patient by bending forward slightly, until patient's feet just cleared the floor.	1	0
e.	Carried patient to safe area and gently lowered patient to chair/ground, keeping the back straight and using the legs.	1	0
<b>Judge instructs volunteer patient where to sit and instructs the rescuers where to move the patient to safety (a very short distance) using the two-person carry.</b>			
2.	Two-Person Carry	2	0
a.	Verbalized to patient "We are going to carry you to safety."	1	0
b.	Rescuer 1 squatted at the patient's head and grasped the patient from behind the midsection, then reached under the arms and grasped the patient's left wrist with his/her right hand, and vice versa.	1	0
c.	Rescuer 2 squatted between the patient's knees, facing either toward or away from the patient, and grasped the outside of the patient's legs at the knees.	1	0
d.	Both rescuers rose to a standing position, keeping backs straight and lifting with legs.	1	0
e.	Carried patient to safe area and gently lowered patient to chair/ground, keeping the back straight and using the legs.	1	0
f.	Rescuers communicated with each other and coordinated their movements throughout the lift.	2	0

Items Evaluated		Possible Points	Points Awarded
<b>Judge instructs volunteer patient where to sit and instructs the rescuers to move the patient to safety (a very short distance) using the chair carry.</b>		-	
3.	Chair Carry	2	0
a.	Verbalized to patient "We are going to carry you to safety."		
b.	Rescuer 1 crossed the patient's arms in his or her lap, and faced the back of the chair and grasped the back uprights.	1	0
c.	Rescuer 2 grasped the two front legs of the chair. <i>*Either facing the patient or facing away from the patient, whichever is more comfortable for the rescuer.</i>	1	0
d.	Both rescuers tilted the chair back and lifted simultaneously.	1	0
e.	Carried patient to safe area and gently set the chair down.	1	0
f.	Rescuers communicated with each other and coordinated their movements throughout the lift.	2	0
<b>Judge instructs the other team member where to lie to assume the role of patient, and instructs the rescuer to move the patient to safety using the blanket drag.</b> <b>**For this lift, competitors should <u>verbalize</u> and <u>simulate</u> the lift WITHOUT actually dragging the blanket.</b>			
4.	Blanket Drag	1	0
a.	Assessed location and verbalized to the judge that there is no debris that would cause additional injury.		
b.	Verbalized to patient "I'm going to wrap you in a blanket and move you to safety."	2	0
c.	Wrapped the patient in a blanket.	1	0
d.	Squatted at the patient's head and grasped the blanket behind the patient's head.	1	0
e.	Dragged the patient clear of the hazard.	1	0
5.	Rescuer 1 appropriate verbal and nonverbal communication with patient and other personnel throughout all skills.	2	0
6.	Rescuer 2 appropriate verbal and nonverbal communication with patient and other personnel throughout all skills.	2	0
<b>TOTAL POINTS -- SKILL III-A</b> <b>70% Mastery for Skill III-A = 22.4</b>		<b>32</b>	

# CERT SKILLS

Team #: \_\_\_\_\_ Section #: \_\_\_\_\_ Judge's Signature: \_\_\_\_\_

The purpose of Skill **III-B** is to demonstrate the ability to perform lifts and carries. The skill performance is done in a simulated disaster setting. There will be 4 patients (volunteer persons or manikins) with tags that identify their condition and lift to be used to remove them to safety.

**Note to judges and event personnel:** **Competitor and Volunteer Patient safety** must be the primary consideration during the demonstration of each lift. If the performance of any lift or carry could be considered unsafe, please have the competitors demonstrate and verbalize the lift without actually lifting the patient.

Skill III-B: Lifts and Carries – Scenarios (6 minutes)		Possible	Awarded
1.	Donned safety equipment: helmet, goggles, gloves (work & non-latex) dust N95 mask, and sturdy shoes or boots. Helmet, boots and N95 mask equipment may be verbalized.	2 0	
2.	Surveyed the scene by doing a thorough size-up.	2 0	
3.	Quickly verbalized consideration of their safety, capability, and limitations, and decided if they should approach the situation and how.	2 0	
<i>Rescuer 1</i> <b>**For this lift, the competitor should <u>verbalize</u> and <u>simulate</u> the lift WITHOUT actually lifting the other person.</b>			
4.	One-Person Pack-Strap Carry	2 0	
a.	Verbalized to patient "I'm going to carry you to safety."		
b.	Stood with his/her back to the patient.	1 0	
c.	Placed the patient's arms over the rescuer's shoulders and grabbed the hands in front of the rescuer's chest.	1 0	
d.	Hoisted the patient by bending forward slightly, until patient's feet just cleared the floor.	1 0	
e.	Carried patient to safe area and gently lowered patient to chair/ground, keeping the back straight and using the legs.	1 0	
<i>Rescuer 2</i> <b>**For this lift, competitors should <u>verbalize</u> and <u>simulate</u> the lift WITHOUT actually dragging the blanket.</b>			
5.	Blanket Drag	1 0	
a.	Assessed location and verbalized to the judge that there is no debris that would cause additional injury.		
b.	Verbalized to patient "I'm going to wrap you in a blanket and move you to safety."	2 0	
c.	Wrapped the patient in a blanket.	1 0	
d.	Squatted at the patient's head and grasped the blanket behind the patient's head.	1 0	
e.	Dragged the patient clear of the hazard.	1 0	

<i>Items Evaluated</i>		Possible Points	Points Awarded
<i>Both Rescuers</i>			
6.	Two-Person Carry	2	0
a.	Verbalized to patient "We are going to carry you to safety."		
b.	Rescuer 1 squatted at the patient's head and grasped the patient from behind the midsection, then reached under the arms and grasped the patient's left wrist with his/her right hand, and vice versa.	1	0
c.	Rescuer 2 squatted between the patient's knees, facing either toward or away from the patient, and grasped the outside of the patient's legs at the knees.	1	0
d.	Both rescuers rose to a standing position, keeping backs straight and lifting with legs.	1	0
e.	Carried patient to safe area and gently lowered patient to chair/ground, keeping the back straight and using the legs.	1	0
f.	Rescuers communicated with each other and coordinated their movements throughout the lift.	2	0
<i>Both Rescuers</i>			
7.	Chair Carry	2	0
a.	Verbalized to patient "We are going to carry you to safety."		
b.	Rescuer 1 crossed the patient's arms in his or her lap, and faced the back of the chair and grasped the back uprights.	1	0
c.	Rescuer 2 grasped the two front legs of the chair. <i>*Either facing the patient or facing away from the patient, whichever is more comfortable for the rescuer.</i>	1	0
d.	Both rescuers tilted the chair back and lifted simultaneously.	1	0
e.	Carried patient to safe area and gently set the chair down.	1	0
f.	Rescuers communicated with each other and coordinated their movements throughout the lift.	2	0
5.	Rescuer 1 appropriate verbal and nonverbal communication with patient and other personnel throughout all skills.	2	0
6.	Rescuer 2 appropriate verbal and nonverbal communication with patient and other personnel throughout all skills.	2	0
<b>TOTAL POINTS -- SKILL III-B</b>		<b>38</b>	
<b>70% Mastery for Skill III-B = 26.6</b>			

## CERT SKILLS

Team #: \_\_\_\_\_ Section #: \_\_\_\_\_ Judge's Signature: \_\_\_\_\_

*\*Rescuers will work together while performing this skill. A single rating sheet will be used to evaluate both competitors.*

Skill IV: Splinting a Closed Fracture (5 minutes)		Possible	Awarded
1.	Donned safety equipment: helmet, goggles, gloves (work & non-latex) dust N95 mask, and sturdy shoes or boots. Helmet, boots and N95 mask equipment may be verbalized.	2 0	
2.	Surveyed the scene by doing a thorough size-up.	2 0	
3.	Identified a conscious patient with a closed injury to an extremity.	1 0	
4.	Verbalized a suspected fracture, dislocation, sprain or strain, and the decision to treat the injury as a fracture.	1 0	
5.	Assessed PMS in the affected limb before splinting.	2 0	
6.	Looked around for and identified splinting materials. <i>*Competitors may use materials they brought with them or found in the immediate vicinity of the scenario.</i>	1 0	
7.	Supported the injured area above and below the site of the injury.	2 0	
8.	Removed restrictive clothing, shoes and jewelry if necessary.	2 0	
9.	Applied the splint to the injury in the position in which it was found without trying to realign the bones or joints.	2 0	
10.	Secured the splint with available ties to effectively hold the splint in place, and without compromising circulation.	2 0	
11.	Filled any voids to further stabilize and immobilize the injury.	2 0	
12.	Immobilized the joints above and below the injury. (As appropriate.)	2 0	
13.	Reassessed PMS and evaluated against initial PMS assessment. Verbalized findings to judge.	2 0	
14.	Rescuer 1 appropriate verbal and nonverbal communication with patient and other personnel throughout all skills.	2 0	
15.	Rescuer 2 appropriate verbal and nonverbal communication with patient and other personnel throughout all skills.	2 0	
<b>TOTAL POINTS -- SKILL IV</b>		<b>27</b>	
<b>70% Mastery for Skill IV = 18.9</b>			