

SkillsUSA  
First Aid/CPR Update  
Jan 30, 2020

**Contest will start at 8am. ALL contestants must be present for check in.**

**Contestants must bring the following:**

**CONTESTANTS WITHOUT THE FOLLOWING ITEMS AT TIME OF CHECK IN WILL NOT BE ELIGIBLE TO PARTICIPATE IN THE EVENT.**

- A copy of current certifications at orientation in CPR/AED two-man system and First Aid from any of the following organizations: *the American Red Cross, American Heart Association, American Health and Safety*
- One Page Resume
- Pocket Mask w/one way valve
- PPE (Min 2 pairs of gloves)
- Blue or Black ink pen
- Completed Online Exam prior to contest time

**Clothing Requirement:**

**CLASS B Healthcare Attire For both men and women:** Blue scrubs (**any shade of blue acceptable for State contest only**); white socks or skin-tone seamless hose; health-professional's white leather work shoes. Shoes must be all-white leather (no canvas), completely enclosed (no open-toe or open heel). Athletic-style shoes that meet the aforementioned criteria are acceptable.

Scrubs should fit appropriately for all health contests and should be properly hemmed and wrinkle free. Only plain, white, collarless t-shirts may be worn underneath the scrubs. Hair must be pinned up and off the collar.

**Jewelry:** Only one stud or small hoop in each ear is allowed. Postsecondary contestants may wear a wedding band as long as it doesn't contain a stone. If it does, the band must be taped. No facial or tongue rings are permitted.

All visible tattoos (including those on hands, arms and necks) must be covered.

Skills Area
Scenario 1 Adult 2 Man CPR/AED
Scenario 2 - Infant CPR
Scenario 3 - First Aid
Scenario 4 - Medical Emergency
Written Test - online

Resume