

CERT Skills

Emergency Preparedness Event

Eligible Divisions: Secondary & Postsecondary / Collegiate	Round 1: 50 Q test in 60 minutes	Digital Upload: NO
Team Event: 2 competitors per team	Round 2: Skill demonstration	



New for 2024 – 2025

Triage skills have been added following the SALT Mass Casualty Triage On-Line Training Program. CPR skills and resources have been retired. The test plan has been updated. The list of supplies the competitor must provide has been updated. Editorial updates have been made.

TEXAS HOSA

Make sure to read TEXAS General Rules and Regulations for updated “Electronic Device Policies” and “Extended Stay Preparation”.

Area Spring Leadership Conference

Round one online test for Area will be given in December. The top ten (10) competitors will advance to round two (2) in person at the Area Spring Leadership Conference. The top three (3) scores in each Area will advance to State.

Texas State Leadership Conference

A Round 1 written exam will be used to slate the top ten (10) competitors for Round 2. Both Round 1 and Round 2 for State will be in person at Kalahari in Round Rock. The top three (3) scores from State will advance to ILC.

Event Summary

CERT Skills allows members 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, 50 question 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 who respond efficiently to complex community hazards in the absence of emergency services.

Dress Code

Bonus points will be awarded for [proper dress](#).

Round 1: Proper business attire, official HOSA uniform, or attire appropriate to the occupational area

Round 2: Attire appropriate to the occupational area

Competitors Must Provide

- [Photo ID](#) for both rounds
- Two #2 lead pencils (not mechanical) with eraser for the test.
- Disaster Kit with the following items:
 - Personal Protective Equipment (PPE) for each competitor:
 - 10 pairs of exam gloves (**non-latex**) per competitor
 - Protective Eyewear - Goggles or safety glasses
 - 2 masks (of competitors' choice)
 - Helmet & work gloves (may be simulated/verbalized)
 - Protective footwear (sturdy shoes or boots, may be simulated/verbalized)

- Bandaging materials as selected by competitor (should include sterile gauze squares, roller bandages, trauma dressing and non-stick sterile dressing)
- Tourniquet - HOSA will provide a tourniquet, OR the competitor can provide their own tourniquet.
- Bandage scissors or medical shears
- Patient tags (note cards), triage tape, and pen or marker (may **NOT** be pre-printed)
- Plain paper (or note cards) and pen or marker for documentation and labeling treatment areas if needed
- Alcohol based hand rub for hand hygiene
- Clipboard or spiral notebook (optional)

General Rules

1. Competitors must be familiar with and adhere to the [General Rules and Regulations](#).
2. 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 <https://www.ready.gov/kids/start-program>. Those who do not have access to a classroom-based training course can access one online via <https://www.ready.gov/cert>.

Official References

3. The below references are used in the development of the test questions and skill rating sheets:
 - a. CERT Online Training Course IS 317 (as posted as of September 2024): <https://training.fema.gov/is/courseoverview.aspx?code=IS-317.a&lang=en>
 - b. CERT Training Materials (as posted as of September 2024): [Community Emergency Response Team Training Participant Manual](#)
 - c. [First Aid for Severe Trauma \(FAST\)](#). American Red Cross. [Red Cross Store](#)
 - d. [SALT Mass Casualty Triage Online Training Program](#). National Disaster Life Support Foundation.

Round One Test

4. [Test Instructions](#): The written test will consist of fifty 50 multiple-choice items in a maximum of 60 minutes.
5. **Time Remaining Announcements**: There will be NO verbal announcements for time remaining during ILC testing. All ILC testing will be completed in the Testing Center and competitors are responsible for monitoring their own time.
6. **Written Test Plan**
The written test plan for CERT Skills is:
 - Disaster Preparedness - 15%
 - CERT Organization - 5%
 - Life Threatening Interventions and SALT Triage - 30%
 - Medical Operations - 20%
 - Disaster Psychology - 5%
 - Fire Safety - 5%
 - Light Search and Rescue Operations - 15%
 - Terrorism - 5%
7. The average test score from Round One will qualify the team for Round Two.
8. **Sample Test Questions**
 1. What kind of permission does a CERT volunteer need to treat an unconscious patient? (CERT pp 3-2)
 - A. Contact the 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

2. The rescuer team has determined that a patient is triaged as delayed. What color tag would be used? (SALT Triage Training)
 - A. Red
 - B. Green
 - C. Gray
 - D. **Yellow**

3. Which burn classification is characterized by reddened, dry skin, pain, and swelling? (CERT Pages 3-9/10)
 - A. **Superficial**
 - B. Partial thickness
 - C. Complete
 - D. Full thickness

Round Two Skills

9. Round Two is the performance of a selected skill(s). The Round Two skills approved for this event are:

Skill I:	SALT Triage	4 minutes
Skill II A&B:	Treating Life-Threatening Conditions	5 minutes
Skill III:	Head-to-Toe Assessment	5 minutes
Skill IV:	Lifts and Carries	8 minutes
Skill V:	Splinting a Closed Fracture	5 minutes

10. 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. Some scenarios may involve the combination of multiple skill sheets, in which case some elements may not be scored due either to being duplicative or not appropriate within the scenario. A sample scenario can be found [here](#).

11. Team members may verbalize/simulate the helmet and boots and may don safety equipment before receiving the scenario.

12. 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](#).

13. 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 the patient's condition and are included in the scenario or judge script/rating sheet.

Final Scoring

14. Teams must earn a score of 70% or higher on the combined skill(s) of the event (excluding the test) to be recognized as an award winner at the ILC.

15. The final rank is determined by adding the averaged round one test score plus the round two skill score. In case of a tie, the highest average test score will be used to determine final placement.

CERT SKILLS

Section # _____ Division: _____ SS _____ PS/Collegiate
 Competitor # _____ Judge's Signature _____

*The scenario will include three patients for triage assessment.
 Judges will provide information as noted in the judge script for the patient's status.
 Scenario will indicate that the team has the option to split the team.*

Skill I: Triage – SALT Method (4 minutes)	Possible	Awarded
1. Donned Personal Protective equipment: helmet, protective eyewear, work gloves, mask, and sturdy shoes or boots. (Helmet, boots and gloves may be verbalized.)	2	0
2. Surveyed the scene by doing a thorough size-up.	2	0
3. Stated loudly, "Everyone who can hear me please move to the (<i>chose a designated safe area</i>) and we will help you".	2	0
4. Stated loudly, "If you need help, wave your arm or move your leg and we will be there to help you in a few minutes".	2	0
5. Quickly moved to those that are first priority for individual assessments. <i>May be verbalized or may be combined with Skill III. If combined, returned to triage assignment (#6) when Skill III completed.</i>	2	0
6. Determine triage category for patients identified by verbalizing the appropriate questions below: a. Immediate - serious injuries, survival likely with immediate care (color red) i. has a peripheral pulse? ii. breathing normal? iii. hemorrhage is controlled? iv. follows commands or makes purposeful movement? IF NO TO ANY QUESTION ABOVE - Immediate v. is patient likely to survive with given available resources? If NO move to Expectant (#6e)	-	
b. Delayed – serious injury that require care but can be delayed without increasing morbidity or mortality (color yellow)- YES to all of the following questions: i. has a peripheral pulse? ii. breathing normal? iii. hemorrhage is controlled? iv. follows commands or makes purposeful movement? v. injuries are not minor and require care	-	
c. Minimal – minor injuries (color green) YES to all of the following questions: i. has a peripheral pulse? ii. breathing normal? iii. hemorrhage is controlled? iv. follows commands or makes purposeful movement? v. injuries are minor and require little or no care	-	

Skill I: Triage – SALT Method (cont'd)		Possible		Awarded
d.	Dead - not breathing after one attempt to open the airway- (for child you may give two rescue breaths) (color black)	-		
e.	Expectant - meets criteria for immediate and the answer to question "is patient likely to survive with available resources" is NO (color gray)	-		
7.	Assessed each patient correctly for triage status and appropriate tagging.	6	0	
a.	Patient A			
b.	Patient B	6	0	
c.	Patient C	6	0	
8.	Rescuer 1 used appropriate verbal and nonverbal communication with patient(s) and other personnel throughout all skills including partner.	2	0	
9.	Rescuer 2 used appropriate verbal and nonverbal communication with patient(s) and other personnel throughout all skills including partner.	2	0	
TOTAL POINTS - SKILL I		32		
70% Mastery for Skill I = 22.4				

CERT SKILLS

Section # _____ Division: _____ SS _____ PS/Collegiate
 Competitor # _____ Judge's Signature _____
 Skill IIA will be demonstrated on a manikin until Step #7 when a live patient may replace the manikin.

Skill IIA: Treating Life-Threatening Conditions: Opening the Airway (Rescuer 1) (5 minutes)		Possible		Awarded
1.	Donned Personal Protective Equipment: helmet, protective eyewear, work gloves, mask, and sturdy shoes or boots. (Helmet, boots and gloves 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?" <i>~ Judge states, "No response."</i>	2	0	
5.	Checked for breathing. <i>~ Judge states, "No breathing."</i>	2	0	
6.	Opened airway to rule out airway obstruction by performing a jaw-thrust maneuver:	1	0	
	a. Kneeled at the patient's head.			
	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. <i>~ Judge states, "Attempt to open airway successful, and patient begins to breathe on their own."</i>	2	0	
7.	Placed patient in recovery position:	1	0	
	a. Laid body on side.			
	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 top or both legs to maintain side-lying position.	1	0	
	f. Chin raised forward.	1	0	
	g. Mouth pointed downward.	1	0	
8.	Used appropriate verbal and nonverbal communication with patient and other personnel including partner.	2	0	
TOTAL POINTS -- SKILL IIA (Rescuer 1)		22		
70% Mastery for Skill IIA (Rescuer 1) = 15.4				

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Section # _____ Division: _____ SS _____ PS/Collegiate
 Competitor # _____ Judge's Signature _____

Skill IIB will be demonstrated on a live patient until Step #7 when a manikin or pool noodle will replace the live patient.

Skill IIB: Treating Life-Threatening Conditions: Controlling Bleeding (Rescuer 2) (5 minutes)	Points Possible	Points Awarded
1. Donned Personal Protective Equipment: helmet, protective eyewear, work gloves, mask, and sturdy shoes or boots. (Helmet, boots and gloves 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 the rescuer approach.	1 0	
5. Identified self by providing name and organization.	2 0	
6. Requested permission to treat the individual.	2 0	
7. Identified the source of the bleeding (arm or leg per scenario).	1 0	
8. Applied firm, steady pressure using sterile 4 x 4 gauze directly on the source of the bleeding (verbalized pushing hard even if the patient complains of pain).	2 0	
9. ~ Judge states, "Wound is still bleeding and EMS has been delayed". Applied tourniquet (use of manikin arm or pool noodle to demonstrate application of tourniquet DO NOT PERFORM ON LIVE PATIENT).	2 0	
a. Obtained commercial tourniquet.		
b. Placed tourniquet at least 2 -3 " above the wound or as high as possible on the injured limb -closest to torso (can be placed over clothing).	2 0	
c. Ensured that the two ends of the tourniquet are clipped together using the buckle or clasp.	1 0	
d. Reassured patient that tightening may be painful but is necessary to stop the bleeding.	2 0	
e. Secured tourniquet using the appropriate measure for the tourniquet in use.	3 0	
f. Noted the time.	2 0	
g. Tourniquet remained in place until EMS arrived.	2 0	
10. Assessed for signs of shock:	2 0	
a. Verbalized if rapid, shallow breathing is present. ~ Judge states, "Rapid, shallow breathing is present OR Rapid, shallow breathing is not present".		
b. Assessed capillary refill. ~ Judge states, "Capillary refill is greater than 2 seconds OR Capillary refill is less than 2 seconds".	2 0	
c. Assessed patient's ability to follow simple commands by instructing patient to squeeze hand. ~ Patient responds appropriately or does not respond, per patient instructions".	2 0	
If symptoms of shock are present move to Step #11. If no symptoms of shock, move to Step #12.	-	
Skill IIB: Treating Life-Threatening Conditions: Controlling Bleeding	Points	Points

(Rescuer 2) (con't)		Possible	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 (jacket, blanket).	1 0	
	d. Shielded the patient from wind with your body or surrounding objects.	1 0	
12.	Removed gloves properly without touching the outside of gloves with bare hands.	2 0	
13.	Safely disposed of gloves.	2 0	
12.	Used alcohol based hand-rub for hand hygiene.	2 0	
13.	Used appropriate verbal and nonverbal communication with patient and other personnel including partner.	2 0	
TOTAL POINTS -- SKILL IIB (Rescuer 2)			
Without signs of shock		41	
With signs of shock		45	
70% Mastery for Skill IIB (Rescuer 2)			
Without signs of shock = 28.7			
With signs of shock = 31.5			

CERT SKILLS

Section # _____

Division: _____ SS _____ PS/Collegiate

Competitor # _____

Judge's Signature _____

Rescuer 1 2

Patient is in a structure with light damage.

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

Skill III: Head-to-Toe Assessment (5 minutes)	Possible	Awarded
1. Donned Personal Protective Equipment: helmet, protective eyewear, work gloves, mask, and sturdy shoes or boots. (Helmet, boots and gloves may be verbalized.)	2 0	
2. Identified a patient to assess.	1 0	
3. Asked "How were you hurt?" if patient responsive and able to communicate.	2 0	
4. If conscious, asked permission to conduct assessment.	2 0	
5. If responsive, asked patient about injuries, pain, bleeding or other symptoms, and checked for medical ID emblems on bracelet or necklace.	2 0	
6. 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	
i. Followed the DCAP-BTLS in the above listed order.	4 0	
7. Checked own hands for patient bleeding throughout assessment.	2 0	
8. Checked pulse in all extremities and verbalized observations.	4 0	
9. Talked to patient throughout assessment to reduce anxiety.	2 0	
10. Minimized movement of the head and spine during assessment.	2 0	
11. Verbalized to judge the appropriate type of treatment needed.	4 0	
12. Correctly documented injuries on CERT Victim Treatment Area Record.	2 0	
13. Used alcohol based hand-rub for hand hygiene.	2 0	
14. Used appropriate verbal and nonverbal communication with patient and other personnel including partner.	2 0	
TOTAL POINTS – SKILL III	41	
70% Mastery for Skill III = 28.7		

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

Section # _____ Division: _____ SS _____ PS/Collegiate
 Competitor # _____ Judge's Signature _____

The purpose of Skill IV is to demonstrate the ability to perform lifts and carries. In lifts #4 and #7, team members demonstrate the lift on each other. In #5, the lift is demonstrated on a volunteer who is small in stature or manikin. Lift #6 is verbalized/simulated only (patient should also be a volunteer who is small in stature).

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 IV: Lifts and Carries (8 minutes)		Possible	Awarded
1.	Donned Personal Protective Equipment: helmet, protective eyewear, work gloves, mask, and sturdy shoes or boots. (Helmet, boots and gloves 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	
Judge instructs one team member where to sit to assume the role of patient, and instructs the other team member to move the patient to safety using the one-person pack-strap carry. (team members demonstrate on each other)		—	
4.	One-Person Pack-Strap Carry	2 0	
a.	Verbalized to patient "I'm going to carry you to safety."		
b.	Positioned self safely facing away from 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	
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(demonstrated on patient small in stature or manikin).		—	
5.	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 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, protecting their backs and lifting with legs.	1 0	

Skill IV: Lifts and Carries (cont'd)		Possible	Awarded
e.	Carried patient to safe area and gently lowered patient to chair/ground, protecting the back and using the legs.	1 0	
f.	Rescuers communicated with each other and coordinated their movements throughout the lift.	2 0	
6.	Chair Carry Judge instructs volunteer patient where to sit and instructs the rescuers to simulate the chair carry. (simulation only) **For this lift, competitors should <u>verbalize</u> and <u>simulate</u> the lift WITHOUT actually lifting the patient.	—	
	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 their 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 verbalized lifting the chair simultaneously.	1 0	
e.	Verbalized "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	
7.	Blanket Drag 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. (team members demonstrate on each other)	—	
	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.	Verbalized to the judge a 'log roll' will be used to position patient on blanket.	1 0	
d.	Wrapped the patient in a blanket securely.	1 0	
e.	Squatted at the patient's head and grasped the blanket behind the patient's head providing appropriate support.	1 0	
f.	Dragged the patient clear of the hazard to the 'safe area'.	1 0	
8.	Used alcohol based hand-rub for hand hygiene.	2 0	
9.	Rescuer 1 used appropriate verbal and nonverbal communication with patient and other personnel throughout all skills including partner.	2 0	
10.	Rescuer 2 used appropriate verbal and nonverbal communication with patient and other personnel throughout all skills including partner.	2 0	
TOTAL POINTS -- SKILL IV		41	
70% Mastery for Skill IV = 28.7			

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HOSA CERT Skills ILC Guidelines (August 2024)

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The expectation is that competitors read and are aware of all content within these guidelines and associated links. Successful competitors will study all links for detailed information.

Competitor # _____ Judge's Signature _____

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

Skill V: Splinting a Closed Fracture (5 minutes)		Possible	Awarded
1.	Donned Personal Protective Equipment: helmet, protective eyewear, work gloves, mask, and sturdy shoes or boots. (Helmet, boots and gloves 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.	Used alcohol based hand-rub for hand hygiene.	2	0
15.	Rescuer 1 used appropriate verbal and nonverbal communication with patient and other personnel throughout all skills including partner.	2	0
16.	Rescuer 2 used appropriate verbal and nonverbal communication with patient and other personnel throughout all skills including partner.	2	0
TOTAL POINTS - SKILL V		29	
70% Mastery for Skill V = 20.3			