



## EMERGENCY MEDICAL TECHNICIAN



SkillsUSA Championships Technical Standards

### PURPOSE

To evaluate each competitor's knowledge and skills required for competent practice within the Emergency Medical Service (EMS) field and to recognize outstanding students for clinical excellence and professionalism within the field of EMS.

First, download and review the General Regulations at: <http://updates.skillsusa.org/>.

### CLOTHING REQUIREMENT

#### **Class D: Competition Specific — Blue Attire**

- Official SkillsUSA light blue work shirt
- Navy pants  
*Note:* BDU/tactical style pants (e.g., 511 or EMT pants) with a black belt
- Black work safety boot. Protective toe cap is not required. No tennis/running shoes or platform boots allowed.

*Note:* Safety glasses must have side shields or goggles. (Prescription glasses may be used only if they are equipped with side shields. If not, they must be covered with goggles.)

For clothing regulations, refer to the clothing items that are pictured and described at: [www.skillsusastore.org](http://www.skillsusastore.org). If you have questions about clothing or other logo items, call 800-401-1560 or 703-956-3723.

*Note:* Competitors must wear their official competition clothing to the competition orientation meeting.

### ELIGIBILITY (TEAM OF TWO)

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. Each state may send one high school and one college/postsecondary team.

Student competitors must be enrolled in, or just have completed (within the current membership year) an EMT program in preparation for a career in emergency services (EMS), or other closely related technical, skilled, or service occupation.

## EQUIPMENT AND MATERIALS

1. Supplied by the Technical Committee:
  - a. Tables and chairs
  - b. All written material and blank scratch paper
  - c. Materials for clinical and/or skills stations for selected procedures
  - d. Holding area for competitors
  - e. Clinical scenarios
  - f. Supplies for judges to include pens, scoring rubrics, calculators, and stopwatches
  - g. Two blankets and a pillow
  - h. Event evaluations
  - i. Pens and pencils
  - j. Oxygen cylinders
  - k. Suction device with assorted catheters
  - l. Long spine backboard with 3 straps and/or “Spider straps”
  - m. Complete set of C-collars or adjustable C-collars
  - n. Splinting supplies (e.g., padded board splints, cardboard, traction splint, etc.)
  - o. CPR manikins and AED
  - p. Two-way radio or walkie talkies for simulating calling for additional resources
  - q. Additional equipment provided for competitions will be available for review at orientation
  
2. Supplied by the competitor:
  - a. A current American Heart Association BLS (CPR) card must be presented at orientation. Electronic versions are acceptable.
  - b. Pencils and pen
  - c. Wristwatch capable of timing in seconds (no smartwatches allowed)
  - d. One complete medical kit per team containing:
    - 1). Personal Protective Equipment to include 25 pairs of disposable medical exam gloves, 2 pairs of safety glasses, 4 surgical masks, and 2 isolation gowns.
    - 2). 1 pack (50 minimum) non-sterile 4X4 bandages
    - 3). 10 sterile 4x4 bandages
    - 4). 2 rolls self-adhering roller bandages (e.g., Cobain)
    - 5). 2 rolls each - 4” and 6” Kling (rolled gauze)
    - 6). 2 rolls each - 4” and 6” Ace wraps
    - 7). 4 triangular bandages / medical cravats
    - 8). 4 rolls - Medical tape (with 2 being 2” wide)
    - 9). 2 occlusive dressings, commercial chest seals, or supplies to make these dressings (e.g., precut plastic squares of different sizes; no Tegaderms/transparent waterproof dressings are allowed to be used as occlusive dressings)
    - 10). 2 Vaseline gauzes (cannot be used for occlusive dressing)
    - 11). 4 abdominal dressings (5” x 9”)

- 12). 2 trauma dressings (10" x 30")
  - 13). 2 burn sheets (60" x 90")
  - 14). 1 trauma shears or medical scissors
  - 15). 1 pen light
  - 16). 1 stethoscope
  - 17). 1 each blood pressure cuffs (large, standard adult, and child size)
  - 18). 1 set oral and nasal airways (Complete set of each)
  - 19). 1 each adult, child and infant bag valve mask (BVM) or 1 adult BVM with adult, child & infant masks
  - 20). 1 EMS, CAT, or tactical emergency tourniquet
  - 21). 1 each oxygen delivery devices: nasal cannula, non-rebreather mask
  - 22). 1 glucometer with strips, lancets, alcohol preps and Band-Aids
  - 23). 1 pulse oximeter
  - 24). 1 mini sharps container (1" x 6") or small sharps container (6.25" x 2" x 2.25")
  - 25). 1 OB kit
- e. All competitors must create a one-page resume. See "Resume Requirement" below for guidelines.

## **RESUME REQUIREMENT**

Competitors must create a one-page resume to submit online. SkillsUSA national competitors should submit their resume by the deadline published on the competition updates page of our website. The deadline and link for resume submission will be published on <http://updates.skillsusa.org>. Failure to submit a resume will result in a 10-point penalty.

**Your resume must be saved as a PDF file type using file name format of "Last Name\_First Name."** For example, "Amanda Smith" would save her resume as **Smith\_Amanda**. If you need assistance with saving your file as a PDF, visit [the Adobe website](#) for more information.

**Note:** Check the Competition Guidelines and/or the updates page on the SkillsUSA website at <http://updates.skillsusa.org>.

## **PROHIBITED DEVICES**

Cellphones, electronic watches and/or other electronic devices not approved by a competition's national technical committee are **NOT** allowed in the competition area. Please follow the guidelines in each technical standard for approved exceptions. Technical committee members may also approve exceptions onsite during the SkillsUSA Championships if deemed appropriate.

### **Penalties for Prohibited Devices**

If a competitor's electronic device makes noise or if the competitor is seen using it at any time during the competition, an official report will be documented for review by the Director of the SkillsUSA Championships. If confirmed that the competitor used the device in a manner which compromised the integrity of the competition, the competitor's scores may be removed.

## SCOPE OF THE COMPETITION

The competition will evaluate the competitors' ability to perform as an Emergency Medical Technician (EMT). The competition is defined by industry standards as identified by the SkillsUSA technical committee. The following is a list of materials used in the formation of the competition:

- National Registry Patient Assessment Technical Scope of Practice Standards (TSOPS) from National Highway Traffic Safety Administration (NHTSA, 2007, p.24)
- Current American Heart Association CPR/ECC guidelines
- AAOS, Emergency Care and Transportation of the Sick and Injured 12th Ed. and Pearson, Emergency Care, 14th Ed. (both textbooks provide similar information)

### KNOWLEDGE PERFORMANCE

The competition will include a written knowledge exam to assess general knowledge and medical technology. The team member will take the test separately and cannot work together on the test. Each team member's scores will be averaged together. Competitors are required to take the SkillsUSA Professional Development Test.

### SKILLS PERFORMANCE

The competition will include activities that simulate situations encountered by emergency medical professionals. There will be a clinical scenario, either medical or trauma in nature (all teams will have the same clinical scenario). The scenario will require the use of critical thinking skills, communication and demonstration of professionalism. There will be four skill stations during which teams will be assessed on specific skills within their scope of practice. While performing procedures, competitors may ask only questions of the judges related to victim physiology. Competitors will be given two (2) minutes to prepare equipment and to confirm knowledge of operation, if unfamiliar. Judges will only provide information as to the safe operation of the device. No demonstration of the equipment's use will be provided by the judge. In the event of a tie, a new scenario will be performed and evaluated to determine the winner.

### COMPETITION GUIDELINES

1. Each team must work independently without assistance from instructors, other competitors, and/or observers. Contact with competitors must be coordinated through designated event staff only. Any violation of this may result in the disqualification of the team.
2. Cellphones, iPads/tablets, smart watches, wearable technology or any other electronic device is prohibited from the competition area.
3. Only competitors, judges and event staff are allowed in the competition area at any time. Observation is limited to the area designated by the judges or event staff. Any outdoor competition area may only be accessed by judges, competitors and event staff. Any violation of this may result in the disqualification of the competitor.
4. Contact with judges in any way, at any time, without the expressed permission of the competition coordinator is prohibited.

## APPENDIX A

### Sample Scorecard

SkillsUSA Framework Professional Assessment	25
Written knowledge test	100
Skills Station 1	115
Skills Station 2	120
Skills Station 3	120
Skills Station 4	120
Scenario	400
<b>TOTAL</b>	<b>1000</b>
Penalties	
BLS Card	-25
Clothing	Up to -50
Resume	-10
Equipment	Up to -50

## APPENDIX B

### Common Language

#### *“That’s outside your scope of practice, please continue.”*

If a competitor provides a treatment or skill that is outside the national EMT scope of practice, the judge will make this statement. If the competitor corrects the action to current standards, a penalty will not be assessed. Example: Student goes to do a glucose check. No penalty, but students must still treat and assess the patient.

#### *“Safety Stop”*

If a competitor or judge sees something that is considered unsafe, then this will be called. Depending on the situation, competitors may be deducted points. Example: simulator is about to be dropped during movement to ambulance.

#### *“Tech Stop”*

The committee recognizes that not all equipment operates the same. The committee will make every attempt to provide hands-on training prior to the competition. If a competitor believes that

the equipment is failing, then the competitor may request this stop. If it is a valid stop, and the competitor can articulate the issue with the equipment, no penalty will occur. If the judge advises, “Please Continue” this means the stop was not valid and normal operation of the equipment with standard knowledge should be able to be operated.

## **STANDARDS AND COMPETENCIES**

**EMT 1.0 — Introduction to EMS Systems**

**EMT 2.0 — The Well Being of the EMT**

**EMT 3.0 — Medical/Legal and Ethical Issues**

**EMT 4.0 — The Human Body**

**EMT 5.0 — Vital Signs and Sample History**

**EMT 6.0 — Lifting and Moving Patients**

**EMT 7.0 — Airway Management**

**EMT 8.0 — Patient Assessment**

**EMT 9.0 — Scene Size-up**

**EMT 10.0 — The Initial Assessment**

**EMT 11.0 — Focused History and Physical Exam**

**EMT 12.0 — Medical Patients**

**EMT 13.0 — Trauma Patients**

**EMT 14.0 — Detailed Physical Exam**

**EMT 15.0 — Ongoing Assessment**

**EMT 16.0 — Communications**

**EMT 17.0 — Documentation**

**EMT 18.0 — General Pharmacology**

**EMT 19.0 — Respiratory Emergencies**

## EMT 20.0 — SkillsUSA Framework

The SkillsUSA Framework is used to pinpoint the Essential Elements found in Personal Skills, Workplace Skills and Technical Skills Grounded in Academics. Students will be expected to display or explain how they used some of these Essential Elements. Please reference the graphic, as you may be scored on specific elements applied to your project. For more, visit: [www.skillsusa.org/who-we-are/skillsusa-framework/](http://www.skillsusa.org/who-we-are/skillsusa-framework/).



## COMMITTEE IDENTIFIED ACADEMIC SKILLS

### Math Skills

- Use of fractions to solve practical problems.
- Use proportions and ratios to solve.
- Practical problems
- Measure angles.
- Find surface area and perimeter of two-dimensional objectives.

*Source: NCTM Principles and Standards for School Mathematics. For more information, visit: <http://www.nctm.org>.*

### Science Skills

- Plan and conduct a scientific investigation.
- Describe basic needs of organisms.
- Describe and identify physical changes to matter.
- Use knowledge of heat, light and sound energy.
- Use knowledge of temperature scales, heat, and heat transfer.
- Use knowledge of simple machines, compound machines, powered vehicles and restraining devices.

*Source: McREL compendium of national science standards. To view and search the compendium, visit: [www2.mcrel.org/compendium/](http://www2.mcrel.org/compendium/).*

### Language Arts Skills

- Provide information in conversation and in group discussion.
- Demonstrate use of such verbal communication skills as word choice, pitch, feeling, tone and voice.
- Demonstrate use of such nonverbal communication skills as eye contact, posture, and gestures using interviewing techniques to gain and share information.

*Source: IRA/NCTE Standards for the English Language Arts. To view the standards, visit: [www.ncte.org/standards](http://www.ncte.org/standards).*

## REFERENCES

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