



Basic Health Care Skills

Career Competition

Career Cluster: Health Sciences

State Qualifying Event: No

National Contest: Yes

Participation: Individual

Competition Description

Competitors demonstrate their knowledge and ability to perform entry-level procedures or skills based on a list of core standards. Performance is evaluated through various stations involving written, verbal, and skills testing.

Tasks To Be Evaluated

Written Knowledge Test

- Topics assessed may include but are not limited to: life sciences related to healthcare, anatomical landmark identification and work safety practices

Work Stations

- Topics that will be assessed may include core therapeutic and clinical skills, basic resuscitation, patient mobility assessment, and first aid
- Participants should be prepared to convert values from standard weight measurement to metric units
- Participants should be prepared to complete wound measurement and wet to dry dressing application
- Participants should be prepared to immobilize an extremity with a suspected fracture
- Participants should appropriately perform hand hygiene and demonstrate AIDET communication in all skills simulation activities.

Provided by Competitor

- Competitors should wear scrubs with are a solid color and a watch with a second hand.

Provided by Technical Committee

- Medical equipment needed for competition.

Additional Information

- No presentation is required for the state competition



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Clothing Requirement

National Requirement:

Class B: Health care attire

- Official blue scrubs, white socks or skin-tone seamless hose and health professional's white leather work shoes
- **Shoes must be all white leather (no canvas) and completely enclosed (no open toe or heel)**
- **Athletic-style shoes that meet the aforementioned criteria are acceptable**

State Requirement:

National requirement OR

- Scrubs should fit appropriately for all health competitions 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.
- White socks or white seamless/nonpattern hose visible above the top of the shoe.
- Health professionals white or black leather work shoes.
- Shoes must be all-white or black leather (no canvas/mesh), completely enclosed (no open-toe or open-heel).
- Athletic-style shoes that meet the criteria are acceptable.
- Any embroidered names or school patches must be covered, if applicable.