**CERT CONTEST**

**SkillsUSA North Carolina Virtual 2021**

**Performance (video).**

You are to record yourself demonstrating and/or discussing the following skills:

* Demonstrate a head-to-toe assessment. Describe what you’re doing and what you’re looking for.
* Demonstrate Applying a splint to a forearm. Describe what you’re doing as you do it.
* Discuss on video: Imagine you have been presented with the following patients at a mass-casualty incident. What color tag would you put on each one, and why?

1. Breathing rate = 20; strong pulse; capillary refill time 2 seconds; ambulatory; responds appropriate to commands; laceration on right upper arm with minor bleeding.
2. Not breathing after 2 attempts to open airway; weak pulse; capillary refill time >3 seconds; unconscious; large wound on left thigh spurting blood.
3. Breathing rate = 28; strong pulse; capillary refill time <2 seconds; small laceration on forehead with minor bleeding; conscious but disoriented.
4. Breathing rate = 20; strong pulse; capillary refill time 1 second; awake and oriented; facial lacerations; complains of neck pain.
5. Not breathing; no pulse; unresponsive.

* Describe how to use a fire extinguisher using the PASS method.

Submit your Video in your Canvas Contest Portal by April 15 midnight.

**Written Exam.**

Take your written exam in your Canvas Contest Portal during the testing window of April 19-20.