

3. **FIRST AID:** A change to the bleeding skills was made for CPR/First Aid and First Aid/Rescue Breathing. The change involves the deletion of pressure points and part elevation. In the heat exposure skill in CPR/First Aid, “water” was changed to “fluids” to allow for the use of electrolyte beverages when appropriate and available.
4. **EMT:** No skill changes were made in EMT. Written test changes have been made to reflect the 2010 AHA guidelines, and are clearly identified in the test question that had any changes.
5. **FIRST AID/RESCUE BREATHING:** NO CHANGES were made to the rescue breathing skills. The event will be evaluated after NLC 2011 to determine the steps that need to be taken for the future.

HOSA competitors should expect to use the revised event guidelines, dated October 2010 and available on the HOSA website, for CPR/First Aid and First Aid/Rescue Breathing, at all area, regional, and state competitive events in 2010-11. If any further changes are made prior to NLC 2011, those changes will be posted on HOSA’s website and prominently communicated through the HOSA website and E-magazine.

GUIDELINE CHANGES

Look for changes in **RED** on the updated guidelines (October 2010) that are posted on the HOSA website.

OFFICIAL RESOURCE

The official resource for CPR changes implemented by HOSA can be found at www.heart.org in the publication: *Highlights of the 2010 AHA Guidelines for CPR and ECC*.

SAMPLE TEST QUESTION

Revised test questions are clearly indicated within the test. For example:

According to the 2010 AHA Guidelines for CPR, during adult CPR the depth of chest compression should be

- A. ½ inch.
- B. 1 inch.
- C. 1 ½ - 2 inches.
- D. At least 2 inches.

The correct answer is D.