

# SkillsUSA Maryland State Championship

## 2023 EMT Demonstration Contest Update

### Uniform Requirements:

Class D: Competition Specific — Blue Attire • light blue work shirt • Navy pants Note: BDU/tactical style pants (e.g., 511 or EMT pants) with a black belt • Black leather work safety boot. Protective toe cap is not required. No tennis/running shoes 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.)

### Supplied by the competitor:

- a. A copy of an American Heart Association BLS (CPR) card
- b. Pencils and pen
- c. Wristwatch capable of timing in seconds
- d. One complete medical kit, per team, containing:
  - 1.) Personal Protective Equipment to include: 1 box of disposable medical exam gloves, 2 pairs of safety glasses, 4 surgical masks, and 2 pocket face masks with one-way valves.
  - 2.) 50 non-sterile 4X4 bandages
  - 3.) 10 sterile 4x4 bandages
  - 4.) 2 rolls self-adhering roller bandages
  - 5.) 4 rolls - 4" and 6" Kling
  - 6.) 4 rolls - 4" and 6" Ace wraps
  - 7.) 4 Triangular bandages
  - 8.) 4 rolls - Medical tape (with 2 being 2" wide)
  - 9.) 2 Occlusive dressings
  - 10.) 2 Vaseline gauzes Emergency Medical Technician, 2022-23 • 3
  - 11.) 4 Abdominal dressings
  - 12.) 2 Trauma dressings
  - 13.) 2 Burn sheets
  - 14.) Trauma shears or medical scissors
  - 15.) Pen light
  - 16.) Stethoscope (one per team)
  - 17.) Blood pressure cuffs — large and standard adult size (one per team)
  - 18.) Oral and nasal airways — Complete set of each
  - 19.) Adult, child and infant bag valve masks
  - 20.) EMS or tactical emergency tourniquet
  - 21.) Complete set of oxygen delivery devices: nasal cannula, simple face mask, nonrebreather mask.
  - 22.) Glucometer with strips, alcohol preps and Band-Aids
  - 23.) Pulse oximeter
  - 24.) Small sharps box

e. All competitors must create and provide a one-page typed resume.