



**2012 Apprentice  
Hurt Man Rescue  
(Mean Time: 4 minutes)**

Construction: 8' cross arm with wood braces. 40' pole.

Time starts at Judge's signal with Participant standing an arm's length from the pole. The Lineman's belt and hooks will be lying on the ground beside him an arm's length from the pole at the start of the event. Work gloves are required ground to ground.

Looking at the pole from the cross arm side, the hand line will be hung on the right side. The hurt man will hang in the center of the pole on the cross arm side, with both ends of the safety straps through the braces. This will simulate an injury to a right-handed man. You may always take a minimum of one complete wrap around the cross arm before lowering the hurt man.

The mannequin should be tied under the arms with three half hitches (eye splice should not be used as part of the hitches). The half hitch is the only acceptable knot.

Be sure to call out "Headache" loudly when you drop your sheave. The sheave is to be dropped into the circle of wood chips at the base of the pole.

A Bashlin belt 57-N will be used on the Mannequin. You must cut the insert. There will be a 10-point deduction for cutting the belt in the wrong place.

Any attempt to cut that results in any mark at all will result in a 2-point deduction.

The Mannequin should be moved smoothly to the ground without contacting the pole.

Time is over when the mannequin is on the ground and the rope is slack.

Contestants must use the Hand-Line provided.

The judge will assist in hanging the hurt man Mannequin for the next apprentice.

Exceeding 4 minutes to complete the event will result in a 2-point deduction.

Judges will evaluate the rope knotted around the mannequin by using a length of 3" PVC conduit between the rope and the Mannequin.



## 2012 Apprentice Climbing Skills Demonstration

In this event, the apprentice will demonstrate the skills needed to climb, maneuver, and work aloft safely. Several stations require specific tasks that the apprentice must accomplish before moving on (pole is framed with 4 sets of double arms 8' apart).

The apprentice will have five minutes to setup and ask questions.

For this event ground to ground rubber glove rules apply.

Time starts on the judge's signal.

The apprentice will climb to the first arm where the pin and insulator will be removed and relocated to the opposite side of the structure.

The apprentice will ascend to the second arm where he will move a rope that is over the arm to the opposite side of the structure and place it over the arm.

The apprentice will then move up to the third arm where he will relocate a suspension insulator to the opposite side of the structure.

Then the apprentice will maneuver to a position near the fourth arm where using the hot stick hanging from the arm will remove the open fuse barrel, simulate installing a new fuse, replace, and close fuse barrel. Apprentices will the open the fuse barrel on the opposite side of the structure. (For this event a hot stick will already be hanging from the cutout bracket on the closed cutout and will be put back in the opposite location as found when apprentice is done with stick.)

The apprentice will then descend the pole.

Time stops when the apprentice has both feet on the ground.

The mean time for this event is 10 minutes. The drop dead time is 15 minutes.

## Apprentice Cardiopulmonary Resuscitation – Automated External Defibrillation (CPR w/ A.E.D.)

The purpose of this event is for the apprentice lineman to demonstrate proper care of a co-worker who suffers sudden cardiac arrest. This is a two-part event consisting of a demonstration of the physical skills needed for performance of Cardiopulmonary Resuscitation/Automated External Defibrillation followed by a written test on these same skills.

An apprentice and a journeyman have just left the line truck and are preparing to begin work. The journeyman suffers sudden cardiac arrest and collapses to the ground. As subsequent assessments will reveal, his normal breathing has ceased. The manikin will represent the Journeyman.

Time starts at the Judge's signal. Apprentice will go to the aid of the Journeyman following the protocols of Guidelines 2005, One Rescuer CPR Adult with AED.

1. Establish Unresponsiveness If Unresponsive, activate EMS System	Tap shoulder with Moderate Force. Call Loudly "Are You OK?" If no response, send someone (judge) to call 911 & get Automated External Defibrillator (AED)
2. Assess breathing without moving patient.	Look, listen feel for normal breathing for 3 to 5 seconds A. If breathing normal, put in recovery position B. If not breathing normally, place on back.
3. Open airway Reassess breathing	Head tilt ~ Chin lift check at least 5, not more than 10 seconds. A. If breathing normal, put in recovery position B. If not breathing normally -- proceed to step 4.
4. Give 2 ventilations Visible Chest Rise	Each breath about 1 second.
5. Give cycles of 30 compressions and 2 ventilations. CONTINUE CPR UNTIL AED ARRIVES AND IS PLACED AT PATIENTS LEFT EAR(Revised August 2007)	Press on lower half of sternum, in middle of chest between the nipples. Depress 1 ½ to 2 inches. Rate of 100 per minute (30 in 18 seconds). Allow Chest to return to normal position after each compression.
6. Attach AED to patient's bare chest, deliver 1 shock, and immediately resume CPR with chest compressions.	Follow audible instructions from the AED. Keep everyone back from the patient during analysis, and clearly announce your intention to shock before doing so.

- For purposes of this event, time will stop after 3 cycles of compressions and breaths have been given following the first shock.
- Each contestant will be issued his own individual sanitized face piece therefore it will not be necessary to utilize a face shield. This exercise does not require the use of protective gloves.

### Materials Provided

CPR Manikin with checking instruments and AED trainer.  
Face piece

### Written Test

In addition to the CPR/AED Skills Demonstration Exercise, each participant will take a written test pertaining to the skills needed in the demonstration portion of this event. Each correct answer will be worth two (2) points. The total time for the written test will be recorded to the thousandths and will be used as a tie-breaker in the event of a tie in the total points earned by participants in this event.

### Skills Demonstration Exercise Mean Time

The event mean time is only the mean time for the skills demonstration portion of this event, and is not to be used as a tie breaker. Exceeding the mean time of five (5) minutes will result in a two (2) point deduction. The time recorded for each participant in the skills demonstration part of this event is used only to determine whether the participant has exceeded the mean time of the skills part of this event.

### Start Time

The event judge will indicate time to start after the participant says they are ready. This applies for both the skills demonstration and written test parts of this event.

### Stop Time

The participant will signal the event judge when they are finished with the written portion of the event. The judge will stop the time on the CPR with AED portion of the event. (see first bullet above)



## **2012 Journeyman Hurt Man Rescue – Simulated Hot on 40' Pole There will be two judges assigned to each team.**

This will be a three man team event with all three contestants participating at the same time and at the same station. Two judges will be assigned to each team. One judge will be the initial responder to the emergency call and the other will run the stopwatch and observe the team for infractions. Both judges can deduct points from a team.

Time starts at the judge's signal. This event simulates that a man has been injured while working on a transformer station. A barrel stick will be locked in the ring of the fuse barrel and the fuse barrel will be in the closed position, indicating that the transformer is still energized. The climbing journeyman will ascend the pole, open the fuse barrel, and lift the high side jumper prior to lowering the hurt man mannequin. One groundman will simulate calling for emergency help using a pre written script provided by the International Lineman's Rodeo. The second groundman will use his rubber gloves to hold the potentially energized handline off of the climber until the transformer is de energized and the high side jumper is lifted. The climber will consider the handline and mannequin as energized until the disconnect is open. Touching either handline or mannequin with anything but a rubber gloved hand will result in a ten point deduction.

### **Prior to start:**

Each team has five minutes to ask questions and adjust belts prior to the start of the event.

The lineman's belt and hooks will be hanging on a structure simulating hanging in a truck bin, with safety straps snapped into D-ring and belt unbuckled.

Rubber gloves are inside the glove bag at the start of the event and are required for the climber, ground to ground. Rubber gloves are also required for the groundman or journeyman who will hold the hand line in the clear for the climber. The other ground man will wear leather work gloves or rubber gloves.

The forty foot pole will be framed as follows:

- Single phase primary tied in on a ridge pin.
- 15 kva transformer station located 7'6" from the top of the pole to the top transformer bracket.
- Closed disconnect is located 4' from the top of the pole

- Hand line is hung on the eyelet above the transformer.
- Neutral conductor will be located 4' below the top transformer bracket.
- The pole will not have a pole ground/bond wire

The hurt man hangs in the center of the pole on the top transformer bracket. The team will be provided one 5/8" eye nut. The team may use the eye nut on the back of the switch bracket to aid in lowering the hurt man mannequin, but this is not a requirement.

The hurt man may be lowered in any manner as long as he has a controlled descent and does not hang up on anything. The two remaining men on the ground will help the climber lower the hurt man.

The mannequin shall be tied under the arms with three half hitches. (Eye splice should not be used as part of hitches.) The half hitch is the only acceptable knot.

The lineman on the pole must call out "Headache" loudly if the sheave or any other item is dropped. The sheave, if dropped, is to be dropped into the circle of wood chips at the base of the pole.

The "insert" is the only item to be cut. There will be a 10-point deduction for cutting the belt in the wrong place.

The mannequin should be moved smoothly to the ground. Contacting the pole is acceptable.

Handline block, if dropped and mannequin initial contact with ground must be within the work area circle.

Time is over when the mannequin is on the ground and the rope is slack. Ground man must signal slack in the rope.

Contestants must use the hand line provided.

All point deductions are added together and subtracted from "100" for the team score.

The ground men will assist in hanging the hurt man mannequin for the next team.

Exceeding 4 minutes to complete the event will result in a two-point deduction.

Judges use a 3" PVC conduit between the rope and the mannequin to evaluate the spacing in the rope knot.

**Start:**

Time starts when judge says "go".

Climbing Journeyman will remove his tools from the structure and immediately proceed to the work circle where he will tool up. He may put his belt on while moving to the circle, but may only put climbers on while in the work circle. One of the remaining competitors will begin to call the dispatcher using the supplied script. One judge will act as the dispatcher and will respond according to the script. The contestant calling for help must complete the written script. Once the judge acknowledges the call for help is completed, that competitor should proceed to help the other two. The competitor not making the emergency call must put on his rubber gloves and assist the climber by holding the suspected energized handline in the clear of the climber. The climber will ascend the pole, being careful not to touch the energized handline or mannequin, after using the barrel stick to open the fuse barrel, he will then lift the high side jumper, leave the barrel stick locked into the hot line clamp, and proceed to rescue the hurt man. The handline will not be considered "hot" after the fuse barrel has been opened and high side lifted. The climber may rig the hurt man at his discretion, and the hurt man must be lowered in a controlled descent. The two ground men will assist in lowering the hurt man, and time stops when the hurt man mannequin is on the ground and slack is evident in the rope. The ground men must verbally signal that slack is in the rope.

Although the time has stopped, the team will continue to be judged until the event is restored and the team has verified their score and left the exit gate at the event.

## **Journeyman Hurt Man Rescue**

### **Script**

**CONTESTANT: TRUCK 81 TO THE DISPATCHER...WE HAVE AN ELECTRIC CONTACT EMERGENCY.**

**JUDGE: DISPATCHER TO TRUCK 81...I UNDERSTAND YOU HAVE AN ELECTRICAL CONTACT EMERGENCY.**

**CONTESTANT: TRUCK 81...THAT IS CORRECT. WE ARE LOCATED AT THE CAROLINE COUNTY FAIRGROUNDS, LADYSMITH, VIRGINIA. WE ARE BEGINNING POLE TOP RESCUE, AND NEED AN EMERGENCY MEDICAL TEAM DISPATCHED IMMEDIATELY.**

**JUDGE: THIS IS THE DISPATCHER. I UNDERSTAND THAT YOU ARE LOCATED AT THE CAROLINE COUNTY FAIRGROUNDS, LADTSMITH, VIRGINIA AND NEED EMERGENCY MEDICAL ASSISTANCE.**

**CONTESTANT: TRUCK 81...THAT IS CORRECT, DISPATCHER. WE NEED IMMEDIATE ASSISTANCE.**

**JUDGE: DISPATCHER TO TRUCK 81...EMERGENCY MEDICAL AID IS ON ITS WAY.**

**CONTESTANT: TRUCK 81...I UNDERSTAND THAT EMERGENCY MEDICAL AID HAS BEEN DISPATCHED AND IS ON ITS WAY. THANK YOU, AND OUT.**

**DISPATCHER: 10-4. WE WILL BE ON STANDBY IF YOU NEED US...OUT.**



## 2012 Journeyman Climbing Skills Demonstration

In this team event, both climbing team members will demonstrate the skills needed to climb, maneuver, and work aloft safely. Both scores are averaged to determine the team score, which is used to determine the winning team. Several stations require specific tasks that the journeyman must accomplish before moving on.

The team will have five minutes to setup and ask questions.

For this event ground to ground rubber glove rules apply.

Each journeyman will climb individually. The time and scores will be averaged.

Time starts on the judge's signal.

The journeyman will climb to the first arm where the pin insulator will be removed and relocated to the opposite side of the structure.

The journeyman will ascend to the second arm where he will move a rope that is over the arm to the opposite side of the structure.

The journeyman will then move up to the third arm where he will relocate a suspension insulator to the opposite side of the structure.

Then the journeyman will maneuver to a position near the fourth arm where using the hot stick hanging from the arm will remove the open fuse barrel, simulate installing a new fuse, replace. (For this event a hot stick will already be hanging from the cutout bracket on the closed cutout and will be put back in the opposite location as found when journeyman is done with stick.) The Groundman will then the close fuse barrel and open the fuse barrel on the opposite side of the structure.

The journeyman will then descend the pole.

Time stops when the journeyman has both feet on the ground.

The individual mean time for this event is 7 minutes. The drop dead time is 12 minutes.