COMPETITION EVENTS SUMMARY

Tuesday 9.24.2019 – Tacoma Power SW Training Center
- 7:30 a.m. REGISTRATION
- 9:00 a.m. PRELIM COMPETITION & Vendor setup

Wednesday 9.25.2019 – Tacoma Convention Center & Tollefson Plaza
- 11:00 p.m. Suspension Trauma (COMPETITION FINALISTS ANNOUNCED IN CLASS)
- 12:30 p.m. CHAMPIONSHIP COMPETITION – Tollefson Plaza

- AWARDS LUNCHEON – 11:30 a.m. Tacoma Convention Center

GOVERNOR’S CONFERENCE REGISTRATION

Please use the discount code and suggested class choices in the box below when registering.

The Governor’s Advisory Board is offering ½ price registration to the Governor’s Industrial Safety & Health Conference for each team participating in the Pole Top Rescue Competition. (limit: 1 team / 2 participants)

2. To register enter your email address and discount code POLETOP19 then
3. Enter additional required information.

*NOTE: LUNCH (CHOOSE ‘POLETOP LUNCH’) IS INCLUDED IN THE REGISTRATION PRICE.

Suggested Class Choices when registering for the conference:

**Suspension Trauma**

11:00 am - 12:00 pm, Wednesday, 25 September 2019

Communications, Electrical and Natural Gas
Tacoma Convention Center Rm 316

The course content will cover what is happening to the body during suspension trauma and why it is dangerous, solutions for addressing it and rescue plans for first responder teams. We will also look at the proper fit of the body harness, deployment of the suspension straps, and how to ensure your outerwear PPE does not interfere with the proper function of your fall protection.

**Information for the expanding High Voltage/Telecommunications Industries**

10:00 am - 11:30 am, Thursday, 26 September 2019

Construction
Tacoma Convention Center Rm 405

This session will include a discussion regarding construction and safety standards relating to 5G/Small Cell, i.e., utility joint use, qualified workers, and non-ionizing radiation issues (RF and Lasers). It will also briefly cover the recent updates to Chapter 296-32 WAC, Telecommunications and proposed future updates to Chapter 296-45 WAC, Electric Power Generation, Transmission, and Distribution.
REGISTRATION & COMPETITION INFO

Registration and the preliminary competition are being held at Tacoma Power SW Training Center.

Registration, Orientation & Time Slot Drawing: Tuesday, 9.24.2019 at 7:30 a.m.

During orientation, Bill Shaffer will discuss the flow factor on the Resusci Anne to be used in competition.

Preliminary: Tuesday, 9.24.2019. Starts at 9:00 a.m. and will continue until all teams have competed.

- The four top scoring teams will move on to compete in the final round competition.
- An area where all competing teams can store their gear will be designated and announced.
- A BBQ lunch will be provided on-site.

Championship Finals: Wednesday, 9.25.2019 at 12:30 p.m. at Tollefson Plaza across from the Tacoma Convention Center.

JUDGING

Three (3) judges will score each team.

The four top scoring teams will be decided following the preliminary competition and announced at the Suspension Trauma class that begins at 11:00, Wednesday 9.25 at the Tacoma Convention Center in Room 316.

The final winning team will be announced and prizes will be awarded at the Governor’s Industrial Safety & Health Conference luncheon on Thursday, September 26th at the Tacoma Convention Center.

Judges will receive an orientation prior to the beginning of the competition for purposes of establishing consistency in the judging process. Judges will be required to serve in both the preliminary and final competitions.

The Pole Top Committee has a CPR Instructor who will be responsible for interpreting the CPR and will assist the three judges in scoring the first aid / CPR portion of the competition. The CPR format utilized is the same established by the American Heart Association in 2010.

PLEASE NOTE:

- The foreman is not a judge and therefore all communication with the foreman shall be audible enough for judges to hear. The judges are not part of your rescue team when asking for assistance.

- If you have been a past Pole Top Rescue judge at the State Competition, you are no longer eligible to participate in the Pole Top Competition as a competitor or team member.

- A team cannot consist of 2 apprentices’.
SCORING DETERMINATION FACTORS

**Competition Categories:**

See attached score sheet for competition categories. The scoring range for each requirement is 0 to 7 points. The average is 4 points. Scoring judges can assign greater than average points when they are earned, and can assign fewer than average points when necessary. A possible of 126 points can be earned from the competition categories.

**Time**

For the preliminary competition, the number of teams entered will determine additional points. For example: if ten (10) teams are entered, the fastest team will receive 10 points, second fastest will receive 9 points, etc.

For the final competition, 12 additional points will be awarded to the team with the fastest time, 9 to the second, 6 to the third, and 3 to the fourth.

A team will be disqualified if their rescue time exceeds the average time of all competing teams, plus two minutes.

**CPR**

There are a possible 100 points which can be earned in the CPR competition.

**RULES**

**On the Pole:**

- Precautionary measures must be taken at all times by both the ground man and linemen to protect themselves from potential injury they could incur while performing their required functions in the rescue of the victim.

- Timing will start with the word “GO” and stop when CPR is started.

- The lineman or hot apprentice must remain belted off at all times during the rescue.

- Tools, materials, or hot sticks shall not be thrown or dropped under any circumstances.

- All regulatory safety rules must be observed when working or when moving primary or secondary conductors, hardware, or equipment. This includes a victim energized at line voltage. **Illegal contact may result in team disqualification.**

- Once the victim has been cleared, the lineman will check the level of consciousness of the victim, prior to rigging. The mannequin must be secured with three half hitches.
On the Ground

- The groundman will check for breathing for a minimum of 5 seconds, administer two (2) breaths, and perform five (5) cycles of CPR. No pulse check is required.

- The lineman will climb down the pole, treat for shock, and monitor the delivery of his partner’s CPR.

- After the groundman has completed five (5) cycles of CPR, the lineman will check for breathing for five (5) seconds. Finding no breathing, he will give two (2) breaths, and resume CPR. The groundman will monitor the victim during this process. Upon completion of five (5) cycles of CPR, the lineman will end by giving two (2) breaths.

NOTE: Rescue breathing barriers are optional. Teams choosing to use a barrier must furnish their own and be proficient in the use of the type of barrier selected.

The pole top committee will furnish the handline, hotsticks, and a Buckingham Buck Squeeze cutaway scare strap for the preliminaries and finals. Teams will be required to use the handline and hot sticks furnished.

FINAL SCORE

The final score will be calculated by adding the points for the rescue plus the average CPR points for each judge. All three (3) score sheets will be added together and the additional points for time will be added one (1) time. This will determine the final score.

Example

<table>
<thead>
<tr>
<th></th>
<th>Judge 1</th>
<th>Judge 2</th>
<th>Judge 3</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rescue</td>
<td>102</td>
<td>97</td>
<td>105</td>
<td>304</td>
</tr>
<tr>
<td>CPR</td>
<td>86</td>
<td>86</td>
<td>86</td>
<td>258</td>
</tr>
<tr>
<td>Total</td>
<td>188</td>
<td>183</td>
<td>191</td>
<td>562</td>
</tr>
</tbody>
</table>

Total score 562 + 9 points for time = 571 final score

SPECIAL NOTES

- All staff assisting with the competition and working within the roped off area(s) will be required to wear hardhats, including video crew and photographers.
<table>
<thead>
<tr>
<th>Company Name:</th>
<th>Team Members</th>
<th>Ground:</th>
<th>Pole:</th>
</tr>
</thead>
</table>

**Competition Categories / 0-7 Performance Point System/ 4 is Average**

(0 1 2 3 4 5 6 7)

(Check appropriate boxes below to assign performance points to each competition function)

### Communication
- Notify 911

**Comments:**
- Oral Communication – Ground
- Oral Communication – Pole

### Climbing Techniques
- Ascending Pole

**Comments:**
- Descending Pole

### Handling Victim / Pole
- Incidental Electrical Contact

**Comments:**
- Securing Work Area on Pole
- Securing Work Area on Ground

### Vital Signs / Pole
- Tap or Shake and Shout

**Comments:**
- Communicate Level of Consciousness

### Rigging
- Rescue Knot / Positioning

**Comments:**
- Lowering Victim
- Clearing Victim

### Additional Points for Performance on the Pole During Rescue
**Comments: (Judges discretion)**

### Handling Victim / Ground
- Handling Victim

**Comments:**
- Treat for Shock

### Vital Signs / CPR Delivery
- Tap or Shake and Shout

**Comments:**
- Check for Normal Breathing
- Performing CPR
- Monitoring Victim
- * Hand Position during CPR

### Additional Points for Performance on the Ground During CPR
**Comments:**

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**Actual Competition Time:**

<table>
<thead>
<tr>
<th>CPR Points: (100 Points Possible)</th>
<th>Performance Points: (Total Combined Points of Columns)</th>
<th>Total Competition Points: (Combine CPR and Competition Points)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>0 1 2 3 4 5 6 7</td>
<td>0 1 2 3 4 5 6 7</td>
</tr>
</tbody>
</table>

(Total performance points in columns below)
The following guidelines have been established in order to ensure that all Pole Top Rescue competitors have a clear understanding of how their tape will be scored.

If you would prefer to use a face shield during the competition, feel free to bring the shield of your choice.

A perfect CPR tape would receive a maximum of 199 points and must consist of:

- Five (5) cycles (2 breaths followed by 30 compressions) of CPR with compression depths between 38-51mm (1.5” – 2”) and compression rates between 100-120 comp/min;
- End with two (2) breaths (for a total of 6 breath cycles) where the ventilation rate is 11-17 vent/min (ventilation only);
- Each breath must have an inflation measurement of 0.6 liter to 1.0 liter (600-1000 ml);
- Each compression must fall within the specific depth range and the 30 compressions must be delivered in 17-23 seconds. (see page 6 for example)

If a team member performs more than five (5) cycles of CPR, he will be graded on the first five (5) cycles only. Please note: a 10-point deduction off your overall score will occur if a team completes more than 6 compression cycles. Once the team member’s individual CPR performance is graded, the two scores will be calculated for the actual team score.

For example, if ground man scores 188 points on his tape and the lineman’s score is 186, these scores are added together and divided by 4 to obtain the team score of 93.5 points which would then be rounded up to 94 points.

The tapes will be graded using the following point system:

- Compressions = 1 point each and total 150 points
- Breaths = 2 points each and total 24 points
- Compression timing = 5 points per cycle and total 25 points
- Any breath, compression or speed in yellow will be a deduction

For example, if a compression is too shallow, a one (1) point deduction would be applied. If a cycle of two (2) breaths were omitted (perhaps you did not end with 2 breaths), there would be a four (4) point deduction. A cycle of compressions that is delivered in less than 17 seconds or more than 23 seconds would receive a five (5) point deduction - a stiff penalty, but proper timing is important.

Helpful Hints for CPR

- Give breaths slowly and allow the chest to gently rise.
- Check for correct hand position before each set of compressions.
- Gauge compression depth to no more than 2 inches (don’t muscle the victim).

*Treat Resusci Anne as you would a real victim, do NOT over-compress, doing so can damage an expensive piece of equipment and if it were a real person could cause untold internal damage.*
(3 HALF-HITCHES WITH 2\textsuperscript{ND} ONE REVERSED)
Photo/Video/Presentation Release:

This will confirm that I agree to have my image captured on a medium, either by photograph, videotape or other means of capture and reproduction (referred to as photography) by the DOSH Education and Outreach (E&O) Services of the Department of Labor and Industries, and the Governor’s Industrial Safety & Health Advisory Board (GISHAB) and that they will own any and all rights in any image of me on any medium.

I permit DOSH E&O/GISHAB to proceed with the photography and I hereby grant, to them and their successors, assigns and licensees, all personal right and objections to any use to be made of me, my name or my personality in connection with the use of said photography containing my image, for any and all radio, television, satellite or other broadcasting purposes and performances thereof, accompanied by any narration and dialogue whatever, and the publicity in connection therewith, any still photograph on any related brochure, pamphlet or other paper media, and /or for any other trade and advertising purposes. I understand that in proceeding with said photography DOSH E&O/GISHAB will do so in full reliance on the foregoing permission and such right will be limited to use in connection with programming or content generally related to the subject matter of the original services and any derivatives of such services.

I have read and fully understand the contents of this release. I declare that I am over the age of 18 years, and am fully competent to sign this release on my own behalf.

Company: ____________________________________________________________

Printed Name: _______________________________________________________

× Signature: ________________________________________________________ Date: ____________

Printed Name: _______________________________________________________

× Signature: ________________________________________________________ Date: ____________
EVENT LOCATION

Tacoma Power Southwest Training Center
4102 S 74th St, Tacoma, WA, 98409

Directions to TACOMA CONVENTION CENTER coming FROM SOUTH on I-5
Take the I-705 NORTH / WA-7 SO, exit (EXIT 133) toward CITY CENTER.
Take the exit on the LEFT toward CITY CENTER.
STAY LEFT and merge onto I-705 NORTH toward CITY CENTER.
TAKE the SO. 15th ST. RAMP toward PACIFIC AVE.
Turn slight LEFT onto SO. 15th ST.
Follow SO. 15th ST. to CONVENTION CENTER on left.

Directions from TACOMA CONVENTION CENTER to SOUTHWEST TRAINING CENTER
Start out going EAST on SO. 15th ST. toward COMMERCE ST.
Turn LEFT onto A ST.
Merge onto I-705 SOUTH, STAY IN LEFT LANE
MERGE LEFT onto I-5 SOUTH toward PORTLAND
Take EXIT 129 toward SO. 72nd ST. / SO. 84th ST.
Take the SO. 74th ST. WEST ramp.
Turn RIGHT onto SO. 74th ST.
CONTINUE ON 74th ST. through intersection with So. Tacoma Way
Tacoma Power Southwest Training Center will be on your left

Greater Tacoma Convention & Trade Center
1500 Broadway
Southwest Training Center
4102 So 74th Street
HOST HOTEL

BE SURE TO ASK FOR THE GOVERNOR’S CONFERENCE RATE!

Hotel Murano
1320 Broadway
Tacoma, Washington 98402
Reserve Online

If calling for a reservation, reserve under the Governor’s Industrial Safety & Health Conference. Conference rate is available through Monday September 2 or until sold out.

Click Here to Reserve Online

Greater Tacoma Convention Center
1500 Commerce Street
Tacoma, WA 98402

PARKING & DIRECTIONS

Driving Directions
From I-5 Southbound/Northbound:

1. Take Exit 133 (City Center Exit) toward I-705/ City Center.
2. Keep LEFT toward I-705/ City Center.
3. Turn LEFT onto ramp toward A Street/ City Center.
4. Keep LEFT to stay on ramp toward S. 15th Street/ Pacific Avenue.
5. Follow S. 15th Street two blocks, the Convention Center will be on your left.
6. To access onsite parking, turn LEFT on Court C.

Parking - Parking lots are operated by Republic Parking and managed by the City of Tacoma.

Accessible parking is available in Parking Lot A garage on a first come, first serve basis, and can be accessed via the ramp from Commerce Street.

*Standard parking rates:
$6.00 ..... 0-4 Hours
$12.00....4 + Hours/ All Day
subject to change at any time

Tacoma's Free Link Light Rail runs frequently throughout the downtown corridor with a stop located just outside the Convention Center on Commerce Street.