

CATALOG INFORMATION

Dept and Nbr: HLE 6

Title: STND FIRST AID/CPR

Full Title: Standard First Aid and CPR

Last Reviewed: 9/10/2018

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	1.00	Lecture Scheduled	1.00	8	Lecture Scheduled	8.00
Minimum	1.00	Lab Scheduled	2.00	3	Lab Scheduled	16.00
		Contact DHR	0		Contact DHR	0
		Contact Total	3.00		Contact Total	24.00
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 16.00

Total Student Learning Hours: 40.00

Title 5 Category: AA Degree Applicable

Grading: Grade or P/NP

Repeatability: 05 - May Be Taken for a Total of 4 Units

Also Listed As:

Formerly:

Catalog Description:
Specific procedures and general instructions for giving immediate care to a person who has been injured or is experiencing some other medical emergency. Aid for a choking victim, adult CPR and the importance of a healthful lifestyle to prevent some serious accidents and illnesses.

Prerequisites/Corequisites:

Recommended Preparation:
Eligibility for ENGL 100A or ENGL 100.

Limits on Enrollment:

Schedule of Classes Information:
Description: Specific procedures & general instructions for giving immediate care to a person who has been injured or is experiencing some other medical emergency. Areas covered include aid for choking victims, adult CPR, & the importance of healthy lifestyles in preventing serious accidents/illnesses. (Grade or P/NP)
Prerequisites/Corequisites:
Recommended: Eligibility for ENGL 100A or ENGL 100.

Limits on Enrollment:
Transfer Credit: CSU;UC.
Repeatability: May Be Taken for a Total of 4 Units

ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:

AS Degree:	Area			Effective:	Inactive:
CSU GE:	Transfer Area			Effective:	Inactive:
IGETC:	Transfer Area			Effective:	Inactive:
CSU Transfer:	Transferable	Effective:	Fall 1981	Inactive:	
UC Transfer:	Transferable	Effective:	Fall 1981	Inactive:	

CID:

Certificate/Major Applicable:

Not Certificate/Major Applicable

COURSE CONTENT

Outcomes and Objectives:

The purpose of the Standard First Aid Course is to teach and train participants to help people in emergency situations. The course teaches the standard first aid skills a person needs to act as the first link in the emergency medical services (EMS) system.

The students will:

1. List the 4 emergency action principles.
2. Position a victim for rescue breathing.
3. Administer rescue breathing.
4. Give first aid for victims of heart attack.
5. Give first aid to a conscious or unconscious adult choking victim.
6. Perform cardiopulmonary resuscitation (CPR) for adults.
7. Control bleeding and give first aid for shock.
8. Give first aid for burns.
9. Give first aid for nose injuries.
10. Give first aid for injuries to the eyes.
11. Give first aid for bites and stings.
12. Administer first aid for fractures, dislocations, sprains and strains.
13. Respond to poisoning emergencies.
14. Initiate first aid for insulin shock.
15. Initiate first aid for diabetic coma.
16. Assess level of consciousness.
17. Institute first aid measures for cardiovascular emergencies.
18. Give first aid for heat exhaustion.
19. Give first aid for heat stroke.
20. Give first aid for hypothermia.
21. Identify and choose conditions under which an accident victim would be moved.

Topics and Scope:

1. First Meeting.
 - A. Introduction.
 - B. Text orientation.
 - C. Safety practices in classroom activities and manikan sanitation measures.
 - D. Discuss and clarify "Good Samaritan" laws.
 - E. Use of 911 Emergency System.
 - F. Importance of first aid training.
 - G. Relationship between first aid training and accident prevention.
2. Second Meeting.
 - A. Introduction to course video and how it will be used.
 - B. Description of a class skill practice session and use of skill sheets in text.
 - C. Show video introducing.
 1. survey of scene
 2. survey of victim
 3. use of emergency medical system
 4. secondary survey
 - D. Review video, discuss, clarify.
 - E. Student partners read and review action guide.
 - F. Show video covering recognition of breathing emergencies, positioning of victim for rescue breathing, and performing rescue breathing.
3. Third Meeting.
 - A. Review skills for rescue breathing.
 - B. Continue testing skills for rescue breathing.
 - C. Show video on rescue of choking victims.
 - D. Show video on recognition of heart attacks with no cardiac arrest.
 - E. Show video on first aid for heart attack with cardiac arrest and how to perform CPR.
4. Fourth Meeting.
 - A. Review skills for CPR.
 - B. Students continue practice and partner test.
 - C. Individual test of skills for rescue breathing and CPR by instructor.
 - D. Review of first half of course.
 - E. Administer, correct, discuss objective test for first half of course.
5. Fifth Meeting.
 - A. Introduction to second half of course.
 - B. Lecture, demonstration, practice.
 1. evaluation of vital signs
 2. levels of consciousness
 3. interviewing a victim
 4. selecting and instructing helpers
 - C. Show video covering secondary survey.
 - D. Show video covering control of bleeding, how to care for shock.
 - E. Show video covering care for burns.
6. Sixth Meeting.

- A. Show video for how to care for eye and nose injuries.
 - B. Show video for how to care for bites and stings.
 - C. Show video for how to care for fractures, dislocations, sprains, and strains.
7. Seventh Meeting.
- A. Review skills and principles of caring for fractures, dislocations, sprains, and strains.
 - B. Review safety and attitudes relative to practice sessions involving splinting and bandaging.
 - C. Show video for care of victims of poisoning.
 - D. Show video for care of victims of insulin shock and diabetic coma.
 - E. Show video for care of strokes.
8. Eighth Meeting.
- A. Show video for care of victims of seizures.
 - B. Show video for care of victims of heat exhaustion, heat stroke, hypothermia and frost bite.
 - C. Show video for performing rescues.

Assignment:

1. Reading chapter(s) under discussion and practice for following weeks class.

Methods of Evaluation/Basis of Grade:

Writing: Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

None, This is a degree applicable course but assessment tools based on writing are not included because skill demonstrations are more appropriate for this course.

Writing
0 - 0%

Problem Solving: Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

None

Problem solving
0 - 0%

Skill Demonstrations: All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

Class performances, Performance exams

Skill Demonstrations
30 - 55%

Exams: All forms of formal testing, other than skill performance exams.

Multiple choice

Exams
40 - 55%

Other: Includes any assessment tools that do not logically fit into the above categories.

None

Other Category
0 - 0%

Representative Textbooks and Materials:

FIRST AID - RESPONDING TO EMERGENCIES by Mosby Yearbook Inc.