

HLE 6 Course Outline as of Summer 2014

CATALOG INFORMATION

Dept and Nbr: HLE 6

Title: STND FIRST AID/CPR/AED

Full Title: Standard First Aid, CPR, and AED

Last Reviewed: 9/10/2018

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	0.50	Lecture Scheduled	0.50	17.5	Lecture Scheduled	8.75
Minimum	0.50	Lab Scheduled	1.00	4	Lab Scheduled	17.50
		Contact DHR	0		Contact DHR	0
		Contact Total	1.50		Contact Total	26.25
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 17.50

Total Student Learning Hours: 43.75

Title 5 Category: AA Degree Applicable

Grading: Grade or P/NP

Repeatability: 00 - Two Repeats if Grade was D, F, NC, or NP

Also Listed As:

Formerly:

**Catalog Description:**  
This course teaches CPR, AED and First Aid emergency response skills which enable participants to give immediate care to a person who has been injured or is experiencing a sudden illness. Upon completion of the course, participants will perform and demonstrate knowledge of adult, child and infant CPR, obstructed airway, Automatic External Defibrillation (AED), comprehensive victim assessment, treatment for severe bleeding, wound care, shock, burns, bone, joint and muscle injuries, heat and cold exposure, and sudden illness. Satisfies first-time and renewal certifications.

**Prerequisites/Corequisites:**

**Recommended Preparation:**  
Eligibility for ENGL 100 or ESL 100

**Limits on Enrollment:**

**Schedule of Classes Information:**  
Description: This course teaches CPR, AED and First Aid emergency response skills which enable participants to give immediate care to a person who has been injured or is experiencing a

sudden illness. Upon completion of the course, participants will perform and demonstrate knowledge of adult, child and infant CPR, obstructed airway, Automatic External Defibrillation (AED), comprehensive victim assessment, treatment for severe bleeding, wound care, shock, burns, bone, joint and muscle injuries, heat and cold exposure, and sudden illness. Satisfies first-time and renewal certifications. (Grade or P/NP)

Prerequisites/Corequisites:

Recommended: Eligibility for ENGL 100 or ESL 100

Limits on Enrollment:

Transfer Credit: CSU;UC.

Repeatability: Two Repeats if Grade was D, F, NC, or NP

## **ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:**

<b>AS Degree:</b>	<b>Area</b>	Effective:	Inactive:
<b>CSU GE:</b>	<b>Transfer Area</b>	Effective:	Inactive:
<b>IGETC:</b>	<b>Transfer Area</b>	Effective:	Inactive:
<b>CSU Transfer:</b>	Transferable	Effective: Fall 1981	Inactive:
<b>UC Transfer:</b>	Transferable	Effective: Fall 1981	Inactive:

**CID:**

**Certificate/Major Applicable:**

Both Certificate and Major Applicable

## **COURSE CONTENT**

### **Outcomes and Objectives:**

The purpose of the CPR, AED and Standard First Aid course is to train participants in emergency response skills. Participants learn how to give immediate care to a person who has been injured or is experiencing a sudden illness.

Upon completion of the course, students will be able to:

1. Assess an unconscious person
2. Perform adult, child, and infant Cardiopulmonary Resuscitation (CPR)
3. Perform adult, child, and infant obstructed airway skills
4. Use an Automatic External Defibrillator (AED) on an unconscious adult, child or infant
5. Place an unconscious victim (who is breathing) in the recovery position
6. Perform a comprehensive exam on a conscious person who is injured or has a sudden illness (including consent to administer care, head-to-toe exam, and medical history)
7. Recognize the signs and symptoms of cardiovascular emergencies (including heart attack, angina, and stroke) and administer first aid care
8. Administer first aid for control of external bleeding and internal bleeding
9. Provide first aid for wounds, amputations and impaled objects
10. Administer first aid for shock (including anaphylaxis)
11. Administer first aid for thermal, chemical, and electrical burns
12. Administer first aid for bone and joint injuries (including fractures, dislocations, sprains, and strains)
13. Provide first aid for diabetic emergencies
14. Administer first aid for seizures

15. Administer first aid for heat related emergencies (including heat cramps, heat exhaustion, and heat stroke)
16. Provide first aid for cold related emergencies (including frost bite and hypothermia)

### **Topics and Scope:**

1. Adult, child, and infant CPR and AED
  - a. Assessment of an unconscious victim
  - b. CPR
  - c. Obstructed airway (conscious and unconscious)
  - d. Use of the Automatic External Defibrillator (AED)
2. Standard first aid skills
  - a. Comprehensive victim exam
    - i. Obtain consent
    - ii. Identify chief complaint
    - iii. Perform head-to-toe exam
    - iv. Obtain medical history
  - b. Bleeding:
    - i. External
    - ii. Internal
  - c. Shock
    - i. Prevention and treatment
    - ii Signs and symptoms
    - iii Anaphylaxis
  - d. Wound care
    - i. Cleaning wound
    - ii. Preventing infection
    - iii. Tetanus booster
    - iv. Amputations
    - v. Embedded objects
  - e. Burns
    - i. Thermal
    - ii. Chemical
    - iii. Electrical
  - f. Bone and joint injuries
    - i. Fractures
    - ii. Dislocations
    - iii. Sprains
    - iv. Strains
  - g. Sudden illness (medical emergencies)
    - i Diabetic
    - ii. Heart attack
    - iii. Angina
    - iv. Stroke
    - v. Fainting
    - vi. Seizures
  - h. Heat related emergencies
    - i. Heat cramps/muscle spasms
    - ii. Heat exhaustion
    - iii. Heat stroke
  - i. Cold related emergencies
    - i. Frostbite

## ii. Hypothermia

### Assignment:

1. Reading weekly textbook chapter(s) of approximately 20-25 pages each
2. Written exams: Two written exams (mid term and final)
3. Skills exams:

CPR skills exam: adult, child & infant CPR, obstructed airway, and Automatic External Defibrillator (AED)

First aid skills exam: comprehensive victim exam, bleeding, shock, bandaging, and splinting

### 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.

Skill performances: CPR skills and First Aid skills

Skill Demonstrations  
50 - 50%

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

Tests and final exam

Exams  
50 - 50%

**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, CPR and AED Standard, Jones and Bartlett Learning, 6th edition, 2010