

HLTH-1230: STANDARD FIRST AID AND PERSONAL SAFETY

Cuyahoga Community College

Viewing: HLTH-1230 : Standard First Aid and Personal Safety

Board of Trustees:

December 2021

Academic Term:

Fall 2022

Subject Code

HLTH - Health

Course Number:

1230

Title:

Standard First Aid and Personal Safety

Catalog Description:

Basic level First Aid and CPR/AED course that teaches students critical skills needed to respond to emergencies and provide first aid, cardiopulmonary resuscitation (CPR), and automated external defibrillator (AED) use in a safe, timely and effective manner. Skills covered in this course include first aid, AED use, and CPR and choking relief in adults, children, and infants. Upon successful completion of this course, students receive an American Heart Association Heartsaver First Aid-CPR-AED course completion card.

Credit Hour(s):

1

Lecture Hour(s):

1

Lab Hour(s):

0

Other Hour(s):

0

Requisites

Prerequisite and Corequisite

None.

Outcomes

Course Outcome(s):

Explain the roles and responsibilities of first aid rescuers, the emergency action plan procedures, the importance of knowing high-quality CPR, use of an AED, relief of foreign-body airway obstructions and basic first aid procedures for common injuries and illnesses.

Essential Learning Outcome Mapping:

Not Applicable: No Essential Learning Outcomes mapped. This course does not require application-level assignments that demonstrate mastery in any of the Essential Learning Outcomes.

Objective(s):

1. Explain the specific priorities, roles and responsibilities of individuals who take on the role of first-aid rescuers.
2. Describe when and how to help a responsive and unresponsive choking adult, child and infant.
3. Describe how high-quality CPR improves survival rate.
4. Recognize when someone needs CPR and use of an automated external defibrillator (AED).
5. Describe how to perform adult, child, and infant CPR as a single rescuer and with help from other bystanders.
6. Discuss how to find the problem in various life-threatening conditions.
7. Explain the concepts of the Chain of Survival
8. Describe finding the problem, assessment, and activation.

9. Describe how to find information on preventing illness and injury.
10. Recognize elements of common injuries and illnesses.
11. Describe the key steps of first aid.
12. Recognize the legal questions that apply to first-aid rescuers.
13. Describe the risks of smoking and vaping and the benefits of a healthy lifestyle.
14. Describe the assessment and first aid actions for the following medical emergencies: breathing problems, asthma, choking, allergic reactions, heart attack, fainting, diabetes and low blood sugar, stroke and seizure, shock, drowning and drug overdoses.
15. Describe how to use an epinephrine pen.
16. Describe the assessment and first aid actions for the following injury emergencies: external bleeding, shock, penetrating injuries, amputation, internal bleeding, concussions, head, neck, and spine injuries, broken bones, sprains, burns and electrical injuries.
17. Describe the assessment and first aid actions for the following environmental emergencies: bites, stings, heat-related emergencies, cold-related emergencies, and poison-related emergencies.

Course Outcome(s):

Demonstrate skill in performing CPR for adults, children and infants, the use of an AED, relief of foreign-body airway obstructions and basic first aid procedures for common injuries and illnesses.

Essential Learning Outcome Mapping:

Not Applicable: No Essential Learning Outcomes mapped. This course does not require application-level assignments that demonstrate mastery in any of the Essential Learning Outcomes.

Objective(s):

1. Demonstrate how to respond to a medical emergency, finding the problem, assessment, and activation.
2. Demonstrate how to perform one-rescuer high-quality CPR for an adult, child, and infant.
3. Demonstrate how to use an AED on an adult and child.
4. Demonstrate how to perform effective rescue breaths using mouth-to-mouth or a barrier device for adult, children, and infants.
5. Demonstrate how to remove protective gloves.
6. Demonstrate how to use an epinephrine pen.
7. Demonstrate how to control bleeding and bandaging.

Methods of Evaluation:

1. Quizzes
2. Examinations
3. Participation
4. Practical demonstrations of skills
5. Assignments

Course Content Outline:

1. First Aid Basics
 - a. Rescuer duties
 - b. Victim and rescuer safety
 - c. Phoning for help
 - d. Finding the problem, assessment, and activation
 - e. After the emergency
2. Medical emergencies
 - a. Breathing problems and asthma
 - b. Choking
 - c. Allergic reactions
 - d. Heart attack
 - e. Fainting
 - f. Diabetes and low blood sugar
 - g. Stroke
 - h. Seizure
 - i. Shock
 - j. Drug overdose
 - k. Drowning prevention
3. Injury emergencies

- a. External bleeding
 - b. Shock
 - c. Wounds
 - d. Penetrating injuries
 - e. Amputation
 - f. Internal bleeding
 - g. Concussions
 - h. Head, neck, and spine injuries
 - i. Burns and electrical injuries
4. Environmental emergencies
 - a. Bites and stings
 - b. Heat-related emergencies
 - c. Cold-related emergencies
 - d. Poison emergencies
 5. CPR and AED
 - a. CPR and AED for adults
 - b. CPR and AED for children
 - c. CPR for infants
 - d. How to help a choking adult or child
 - e. How to help a choking infant
 6. Skills completion
 - a. Finding the problem and chain of survival steps
 - b. One-rescuer adult CPR and AED
 - c. One-rescuer child CPR and AED
 - d. One-rescuer infant CPR
 - e. Choking relief for adult, child, and infant
 - f. Removing protective gloves
 - g. Use of an epinephrine pen
 - h. Controlling bleeding and bandaging

Resources

American Heart Association. (2021) *Heartsaver First Aid CPR AED Student Workbook*, USA: American Heart Association Printing.

American Heart Association. (2021) *Heartsaver First Aid Student Workbook*, USA: American Heart Association Printing.

American Heart Association. (2021) *Heartsaver CPR-AED Student Workbook*, USA: American Heart Association Printing.

American Heart Association. (2021) *Heartsaver Pediatric First Aid CPR AED Student Workbook*, USA: American Heart Association Printing.

American Heart Association. (2021) *Heartsaver First Aid CPR AED Instructor Manual*, USA: American Heart Association Printing.

Resources Other

- Heartsaver First Aid CPR AED Video USB
- Heartsaver First Aid CPR AED DVD Set
- Heartsaver First Aid CPR AED Digital Reference Card

Instructional Services

OAN Number:

CTAN Approved: Career Technical Assurance Guide CTBPO001 (1 of 7 courses, all must be taken)

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