

Lassen Community College Course Outline

FS-20 First Aid and CPR for Public Safety Employees

1.5 Units

I. Catalog Description

Introduction to injury and illness including preparation for rendering assistance for the public safety personnel including administration of first aid, CPR, and use of AED according to the standards set forth in California Code of Regulations Title 22. Social Security Division 9. Prehospital Emergency Medical Services Chapter 1.5. First Aid and CPR Standards and Training for Public Safety Personnel. This course meets Title 22 regulations and is approved by the Local Emergency Medical Services Authority (LEMSA). A \$10.00 certification fee applies. May be repeated as needed for recertification. This course has been approved for hybrid delivery.

Recommended Preparation: Successful completion of ENGL105 or equivalent multiple measures placement.

Transfers to CSU only

26 Hours Lecture, 52 Hours Outside Class Work, 78 Total Student Learning Hours
Scheduled: Fall/Spring

II. Coding Information

Repeatability: Not repeatable – Take 1 time
Grading Option: Graded or Credit/No Credit
Credit Type: Credit - Degree Applicable
TOP Code: 213350

III. Course Objectives

A. Course Student Learning Outcomes

1. Demonstrate the ability to assess a breathing or cardiac emergency in adults, children and infants
2. Demonstrate administration of early response care based on standards and procedures established by American Heart Association.
3. Explain life threatening medical emergencies, the signs and symptoms and current treatment modalities

B. Course Objectives

Upon successful completion of this course the student will be able to:

1. Discuss EMS systems
2. Explain basic anatomy and physiology pertinent to the public safety level.
3. Explain the mechanism of trauma, the signs and symptoms and current treatment modalities.
4. Explain life threatening medical emergencies, the signs and symptoms and current treatment modalities.
5. Explain what will prepare the first responder to manage an emergency childbirth.
6. Demonstrate CPR using current standards as prescribed by the American Heart Association.

IV. Course Content

- 1) Role of the public safety first aid provider
 - a) Personal safety

- i) Scene size-up
 - b) Body substance isolation, including removal of contaminated items
 - c) Legal considerations
 - d) Emergency Medical Services (EMS) access
 - e) Integration with EMS personnel to include active shooter incidents
 - f) Minimum equipment and first aid kits
- 2) Heart attack and sudden cardiac arrest
 - a) Respiratory and circulator systems
 - b) Heart attack
 - c) Sudden cardiac arrest and early defibrillation
 - d) Chain of survival
- 3) CPR and AED for adults, children, and infants, following AHA Guidelines for CPR and ECC at the Healthcare provider level
 - a) Basic airway management
 - b) Rescue breathing
 - i) Mouth-to-mouth
 - ii) Mouth-to-mask
 - iii) Bag-valve-mask (BVM)
 - c) Chest compressions and CPR/AED
 - i) Basic AED operations
 - ii) Using and AED
 - iii) Troubleshooting and other considerations
 - d) Single rescuer CPR/AED on adult, child, and infant
 - e) Two rescuer CPR/AED on adult, child, and infant
 - f) Recovery positions
- 4) Management of foreign body airway obstruction on adults, children, and infants
 - a) Unconscious patients
- 5) Recognition and identification of adult and pediatric patients for both medical and traumatic emergencies
 - a) Performing a primary assessment
 - b) Performing a secondary assessment
 - c) Obtaining a patient history
- 6) Medical emergencies
 - a) Pain, sever pressure, or discomfort in chest
 - b) Breathing difficulties, including asthma and COPD
 - c) Allergic reactions and anaphylaxis
 - d) Altered mental status
 - e) Stroke
 - f) Diabetic emergencies
 - i) Administration of oral glucose
 - g) Seizures
 - h) Alcohol and drug emergencies
 - i) Assisted naloxone administration and accessing EMS
 - i) Severe abdominal pain

- j) Obstetrical emergencies
- j) Burns Thermal burns
- k) Chemical burns
- l) Electrical burns
- 7) Facial injuries
 - a) Objects in the eye
 - b) Chemical in the eye
 - c) Nosebleed
 - d) Dental emergencies
- 8) Environmental emergencies
 - a) Heat emergencies
 - b) Cold emergencies
 - c) Drowning
- 9) Bites and stings
 - a) Insect bites and stings
 - b) Animal and human bites
 - c) Assisted administration of epinephrine auto-injector and accessing EMS
- 10) Poisoning
 - a) Ingested poisoning
 - b) Inhaled poisoning
 - c) Exposure to chemical, biological, radiological, or nuclear (CBRN) substances
 - i) Recognizing exposure
 - ii) Scene safety
 - d) Poison control system
- 11) Identify signs and symptoms of psychological emergencies
- 12) Patient movement
 - a) Emergency movement of patients
 - b) Lifts and carries which may include using soft litters and manual extractions including fore/aft, side-by-side, shoulder/belt
- 13) Tactical and rescue first aid principles applied to violent circumstances
 - a) Principles of tactical casualty care
 - i) Determining treatment priorities
- 14) Orientation to the EMS system, including:
 - a) 9-1-1 access
 - b) Interactions with EMS personnel
 - c) Identification of local EMS and trauma systems
- 15) Trauma emergencies
 - a) Soft tissue injuries and wounds
 - b) Amputations and impaled objects
 - c) Chest and abnormal injuries
 - i) Review of basic treatment for chest wall injuries
 - ii) Application of chest seals
 - d) Head, neck, or back injuries
 - e) Spinal immobilization

- f) Musculoskeletal trauma and splinting
- g) Recognition of signs and symptoms of shock
 - i) Basic treatment of shock
 - ii) Importance of maintaining normal body temperature
- h) Internal bleeding
- i) Control of bleeding, including direct pressure, tourniquet, hemostatic dressings, chest seals and dressings
 - i) Training in the use of hemostatic dressings shall result in competency in the application of hemostatic dressings. Included the following topics and skills:
 - (1) Review of basic methods of bleeding control to include but not be limited to direct pressure, pressure bandages, tourniquets, and hemostatic dressings and wound packing.
 - (2) Types of hemostatic dressings

V. Assignments

A. Reading Assignments

Assigned handouts and texts.

B. Written Assignments

Student will complete appropriate documentation of emergency scenarios.

C. Out of Class Assignments

Student will complete worksheets.

D. Assignments That Demonstrate Critical Thinking

Students will demonstrate proper CPR using current standards as prescribed by the - American Heart Association.

VI. Methods of Evaluation

Traditional Classroom Instruction

Written examination, practical application of first aid techniques.

Hybrid Evaluation

A combination of traditional classroom and online evaluations will be used, such as (1) Traditional Classroom: Written examination, practical application of first aid techniques, and (2) Online delivery: online quizzes, essay forum postings, and chat rooms.

VII. Methods of Delivery

Check those delivery methods for which, this course has been separately approved by the Curriculum/Academic Standards Committee.

Traditional Classroom Delivery Correspondence Delivery

Hybrid Delivery Online Delivery

Traditional Classroom Instruction

Lecture, discussion, audio/visual aids, demonstration, group exercises, guest speakers, lab, individualized programs and other as needed.

Hybrid Delivery

A combination of traditional classroom and online instruction will be utilized. Each semester a minimum 1/3 of the lecture hours will be taught face-to face by the instructor and the remaining hours will be instructed online through the technology platform adopted by the District. Traditional class instruction will consist of exercises/assignments, lectures, visual aids, and practice exercises. Online delivery will consist of exercises/assignments, lecture posts, discussions, adding extra resources and other media sources as appropriate.

VIII. Representative Texts and Supplies

Recommended:

AHA Staff, *Basic Life Support (BLS) Provider Manual*, 2016, AHA,
AHA Product Number 15-1010, ISBN: 9781616694074

IX. Discipline/s Assignment

Fire Technology, Emergency Medical Technology, Nursing

X. Course Status

Current Status: Active

Original Approval Date: 4/23/1996

Revised By: Christi Myers / Dan Weaver

Latest Curriculum/Academic Standards Committee Revision Date: 05/16/2023