

Lassen Community College Course Outline

CD 50 ECE Child Health and Safety

1.0 Unit

I. Catalog Description

Introduction to child health and safety to include American Heart Association certification in infant, child and adult CPR/Pediatric First Aid. Course is repeatable to maintain certification. A \$20.00 lab fee will be collected at the time of registration to cover book and certification cost. This course has been approved for online and hybrid delivery.

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

Does not transfer to UC/CSU

18 Hours Lecture

Scheduled: Fall, Spring

II. Coding Information

Repeatability: Not Repeatable, Take 1 Time

Grading Option: Graded or Pass/No Pass

Credit Type: Credit - Degree Applicable

TOP Code: 130500

III. Course Objectives

A. Course Student Learning Outcomes

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

1. Demonstrate skills and knowledge necessary to obtain a Pediatric First Aid Card.
2. Demonstrate skills and knowledge necessary to acquire a CPR Card for infants, children and adults.
3. Demonstrate skills and knowledge necessary to obtain California Child Care Health and Safety Certification

B. Course Objectives

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

1. Describe Emergency Medical Services system and will be able to access the system.
2. Explain and perform basic first aid procedures for common injuries of infants, toddlers, preschool and school age children.
3. Describe and perform infant, child and adult CPR as described by the American Red Cross.
4. Demonstrate knowledge of preventative health practices and injury prevention.
5. Describe appropriate nutritional programs for youth based on current guidelines.

IV. Course Content

A. Adult, child, and infant-Cardio-Pulmonary Resuscitation (CPR) Technique and automated external defibrillator (AED)

1. Emergency action principles
2. Assessment
3. Use of 911 emergency response system

B. California Child Care First Aid

1. Rescue Breathing
 - a. Helping the conscious and unconscious child
 - b. Injury response
 - c. Burns
 - d. Bleeding
 - e. Bites (insects, human)
 - f. Convulsions
 - g. Dental emergencies
 - h. Drowning
 - i. Eye injuries & irritants
 - j. Falls
 - k. Fractures & sprains
 - l. Head injuries
 - m. Heat exhaustion
 - n. Poisoning
 - o. Shock
 - p. Skin wounds (cuts, bruises, scrapes, punctures, slivers)
2. Record keeping
 - a. Injury reporting
 - b. Reporting to parents
 - c. Reassuring children & parents
 - d. Assembly and use of a First Aid kit

C. California Child Care Health and Safety Certification

1. Prevention of the spread of disease
 - a. Universal precautions
 - b. Handwashing (who, when, how)
 - c. Diapering & toileting procedures
 - d. Air quality
 - e. Environmental sanitation - what, when & how (toys, equipment, facilities)
 - f. Food handling, preparation, service & storage
 - g. Role of the caregiver
2. Prevention policies
 - a. Staff health (policies, immunization review, OSHA requirements)
 - b. Immunizations
 - a. Assessment for age
 - b. Record keeping
 - c. Exclusion/inclusion policies
 - d. Exposure notice
 - e. Reportable diseases (how, when and to whom)
 - f. Signs of infectious disease - mild and serious
 - g. Medication administration & record keeping
 - h. Referral for medical assistance or advice
 - i. Community resources
3. Injury prevention
 - a. The relationship between stages of development, appropriate curriculum activities and the risk of injury
 - b. Enforcement of safety policies and behavior management
 - c. Regular safety checks of indoor and outdoor environment and reporting and/or correction of problems

- d. Field trip and transportation safety
- e. Safety education for caregivers, children and parents in the following: prevention of choking, motor vehicle safety, prevention of falls, poison prevention, fire and burn prevention, water safety, and weapons

4. Nutrition

- a. Effect of healthy nutrition on the developing child.
- b. Information about California’s Healthy Beverages in Child Care Law (AB 2084, 2010)
- c. Best practices for feeding infants and toddlers
- d. Best practices for building healthy eating habits in children
- e. Developing written nutrition policies for child care settings
- f. Reading food labels
- g. Food allergies
- h. Working with a child’s family regarding their specific nutritional needs
- i. Preventing choking
- j. Physical activity and limiting screen time

A. Appropriate Readings

Student will be expected to read college level materials; including the textbook, professional journals in the area of child development and health and safety.

B. Writing Assignments

Students will be expected to provide written analysis of health and safety situations.

C. Expected Outside Assignments

Students will be expected to provide written analysis of health and safety situations.

D. Specific Assignments that Demonstrate Critical Thinking

Students will critique, analyze and develop an action plan to hypothetical health and safety situations.

VI. Methods of Evaluation

Traditional Classroom Evaluation:

Demonstration of skills, written analysis, final exam, participation.

Hybrid Evaluation:

All quizzes and exams will be administered during the in-person class time. Students will be expected to complete online assignments and activities equivalent to in class assignments and activities for the online portion of the course. Electronic communication, both synchronous and asynchronous (chat/forum) will be evaluated for participation and to maintain effective communication between instructor and students.

Online Evaluation:

A variety of methods will be used, such as: research papers, asynchronous and synchronous (chat/forum) discussions, online quizzes and exams, posting to online website and email communications using the district’s approved learning management system.

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 Delivery:

Lecture, discussion, demonstration films.

Hybrid Delivery:

A combination of traditional classroom and online instruction will be utilized. Every semester, a minimum of 6 hours of class 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 classroom instruction will consist of lectures, visual aids, discussions and group activities. Online delivery consists of instructor-generated information, readings, news communications, web links and activities as well as facilitation of forum-based discussions and communications.

Online Delivery:

Online written lectures, participation in forum-based discussions, online exercises/assignments contained on website, essays/compositions, email communications, postings to forums, and web-links will comprise the method of instruction.

VIII. Representative Texts and Supplies

Pediatric First Aid CPR AED Student Workbook -ISBN: 978-1-61669-425-8 (Included in course fee)

CPR Card Fee (Included in course fee)

IX. Discipline/s Assignment

Child Development / ECE, Health Care Ancillaries, Vocational Nursing, Emergency Medical Technician

X. Course Status

Current Status: Active

Original Approval Date: 5/1/1990

Revised By: Christi Myers

Curriculum/Academic Standards Committee Revision Date: 01/19/2021

Reviewed for IPR, no changes recommended: 2/15/2022