

Red Cross Adult First Aid/CPR/AED Syllabus

Time: 8 hours

Maximum Class Size: 12

Prerequisites: None

Course Description:

This Red Cross Adult First Aid/CPR/AED course incorporates the latest science and teaches students to recognize and care for a variety of first aid emergencies such as burns, cuts, scrapes, sudden illnesses, head, neck, back injuries, and heat and cold emergencies. It also covers how to respond to breathing and cardiac emergencies for victims 12 years and older. Participants are required to demonstrate CPR and the use of an automated external defibrillator (AED). Upon successful completion of the course, participants will receive a certificate for Adult First Aid/CPR/AED valid for two years.

Goals/Objectives/Student Learning Outcomes:

- Describe how to recognize an emergency and size up the scene
- Explain how to activate and work with the emergency medical services (EMS) system
- Understand legal concepts as they apply to lay responders, including consent and the purpose of Good Samaritan laws.
- Identify how to reduce the risk of disease transmission when giving care.
- Demonstrate how to check a person who is responsive for life-threatening and non-life-threatening conditions.
- Explain how to check an injured or ill person who appears to be unresponsive.
- Recognize the signs and symptoms of a heart attack, and describe appropriate first aid care for a person who is showing these signs and symptoms.
- Describe the links in the Cardiac Chain of Survival.
- Demonstrate CPR and use of an automated external defibrillator (AED) for a person who is in cardiac arrest.
- Demonstrate first aid care for a person who is choking.
- Recognize the signs and symptoms of shock, and describe appropriate first aid care for a person who is showing these signs and symptoms.
- Recognize the signs and symptoms of, and describe appropriate first aid care for, the following sudden illnesses: breathing emergencies, diabetic emergencies, seizures, fainting and stroke.
- Describe methods used to control external bleeding, including the application of direct pressure and the application of a commercial tourniquet.
- Demonstrate the application of direct pressure to control external bleeding.
- Explain when a commercial tourniquet should be used, and describe the basic principles of using a tourniquet.

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Goals/Objectives/Student Learning Outcomes (continued):

- Recognize the signs and symptoms of, and describe appropriate first aid care for, the following injuries: burns; muscle, bone and joint injuries; and head, neck and spinal injuries (including concussion).
- Recognize the signs and symptoms of, and describe appropriate first aid care for, the following environmental injuries and illnesses: heat-related illnesses, cold-related illness and poisoning.

Standards Addressed:

This Red Cross course is consistent with the 2015 International Liaison Committee on Resuscitation (ILCOR) Consensus on Science with Treatment Recommendations for CPR and Emergency Cardiovascular Care (ECC) and the 2015 American Heart Association and American Red Cross Guidelines for First Aid.

Classroom Rules and Procedures

- All classes begin at 6:30 am and end at 3:00 pm
- Upon entering classroom, all participants must sign in and be seated by 6:30 am
- Class will consist of a combination of lecture, video, demonstration, coached group exercises, individual exercises and assessment.
- Students are required to report to class ready to work and maintain the provided PPE

Textbooks/Readings/Materials

- Red Cross First Aid/CPR/AED Instructor Manual
- Red Cross First Aid/CPR/AED Participants Manual
- Red Cross First Aid/CPR/AED Skill Sheets 1-1, 2-1, 3-1, 4-1, & 6-1
- Hands-on Skills Assessment
- Red Cross First Aid/CPR/AED Ready Reference (Adult)

Tools/Equipment/Other Materials

- Computer
- LCD Projector
- Flipchart/markers
- Whiteboard/expo markers
- Highlighters
- 7 Annie's (manikins for hands-on practice and assessment), with lungs and faces
- 6 automatic external defibrillators (AEDs)
- Gauze and roll-up bandages for each pair of students
- Non-latex disposable gloves

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Course Requirements

To receive credit for the course, participants must:

- Be present for full eight hours
- Participate in all classroom exercises
- Pass a hands-on evaluation

Course Policies

- Participants must be on-time and ready to work.
- Participants must return from breaks on-time.
- Participants must participate in each exercise and assignment

Assessment and Grading

To successfully complete a course in the First Aid/CPR/AED program and receive certification, the participant must:

- Attend and participate in all class sessions
- Participate in all course activities
- Demonstrate competency in all required skills
- Successfully complete the “Putting it all Together” Assessment scenario(s).

Safety

Failure to maintain and use PPE may result in dismissal from the course.