

KIN A003N: FIRST AID, CPR/AED FIRST RESPONDER NONCREDIT

| Item | Value |
|------------------------------------|--|
| Curriculum Committee Approval Date | 12/08/2021 |
| Top Code | 083570 - Aquatics and Lifesaving |
| Units | 0 Total Units |
| Hours | 26 Total Hours (Lecture Hours 18; Lab Hours 8) |
| Total Outside of Class Hours | 0 |
| Course Credit Status | Noncredit (N) |
| Material Fee | No |
| Basic Skills | Not Basic Skills (N) |
| Repeatable | Yes; Repeat Limit 99 |
| Grading Policy | P/NP/SP Non-Credit (D) |

Course Description

This course is a requirement of employment as a lifeguard and aquatics safety personnel. It is highly demanded by local fire, police, emergency medical technicians, and the general community served by the college. Noncredit. NOT DEGREE APPLICABLE. Not Transferable.

Course Level Student Learning Outcome(s)

1. Execute proper CPR and First-Aid techniques needed in an emergency.
2. Analyze emergency situations and identify methods to treat the victim.

Course Objectives

- 1. Demonstrate wound dressing, bandaging, splinting and immobilization
- 2. Understand and identify trauma muscular and skeletal injuries, sudden illness, drug overdose, and allergies.
- 3. Demonstrate the treatment for heat and cold emergency, stroke, exhaustion, cramps and hypothermia, head, neck, and spine injuries, and burns (superficial, partial and full thickness).
- 4. Identify and treat the use and abuse of drugs.
- 5. Demonstrate the treatment for bleeding and shock.
- 6. Understand the proper survival sequence in an earthquake situation, and also know the proper supplies needed to survive in the after math. (supplies, evacuation and an education plan)
- 7. Demonstrate rescue-breathing techniques for adult, child, and infant.
- 8. Demonstrate CPR techniques for adult, child, and infant.
- 9. Demonstrate proficiency to overcome airway obstruction (conscious and/or unconscious) for an adult, child, infant, pregnant woman, or obese person.

Lecture Content

Introduction to First Aid Definition; reasons for first aid; value of first aid training; general directions for giving first aid Wounds Definition; common

causes; symptoms; first aid for open wounds; first aid for severe bleeding; prevention of contamination and infection; bites; closed wounds; prevention of wound causing accidents Specific Injuries Eye injuries, head injuries, neck injuries, wounds of the chest, abdominal injuries, back injuries, injuries to the genital organs, injuries to the legs and feet, hand injuries first aid, blisters first aid Shock Definition, causes, signs and symptoms, treatment objectives, first aid Respiratory Emergencies and Artificial Respiration Definitions, causes of respiratory failure, the breathing process, artificial respiration, prevention of respiratory accidents Swallowed Objects and Choking Causes, signs and symptoms, first aid, prevention Poisoning Definition, causes, signs and symptoms, objectives in treatment of poisoning by mouth, first aid, contact poisons, prevention, poisoning by marine life, poisoning by insects, poisoning by venomous snakes, prevention of accidental poisoning Drugs and Their Abuse Definitions, identification of drug abuse, classification of drugs Burns Definition, causes and effects, classification, extent and location, first aid, prevention of heat emergencies Frostbite and Cold Exposure Frost bite, cold exposure, prevention of injuries from extreme cold Heat Stroke, Heat Cramps, and Heat Exhaustion Definitions, causes, heat stroke, heat cramps, heat exhaustion Sudden Illness Heart attack, stroke, fainting, convulsion, epilepsy, prevention of heart attack and apoplexy Dressings and Bandages Dressings, bandages, combination dressings and bandages, special pads, application of bandages, first aid kits and supplies Bone and Joint Injuries Definitions, fractures, specific fractures, dislocation, sprains, strains, prevention of accidents resulting in skeletal and muscular injuries Emergency Rescue and Short Distance Transfer Definition of emergency rescue, indications for immediate rescue, procedure, methods of transfer Cardiopulmonary Resuscitation (CPR) One person CPR, two person CPR, CPR baby

Lab Content

Demonstration of skills required for the emergency care to Wounds Eye injuries, head injuries, neck injuries, wounds of the chest, abdominal injuries, back injuries, injuries to the genital organs, injuries to the legs and feet, hand injuries first aid, blisters first aid Shock Respiratory Emergencies and Artificial Respiration Swallowed Objects and Choking Poisoning Drugs and Their Abuse Burns Frostbite and Cold Exposure Heat Stroke, Heat Cramps, and Heat Exhaustion Sudden Illness Dressings and Bandages Bone and Joint Injuries Emergency Rescue and Short Distance Transfer Cardiopulmonary Resuscitation (CPR)- one person CPR, two person CPR, CPR baby

Method(s) of Instruction

- Enhanced NC Lect (NC1)
- Enhanced NC Lab (NC2)

Instructional Techniques

Lecture, laboratory, demonstration, use of multi-media materials (film, slides, video, overheads), Red Cross video, actual rescue video.

Reading Assignments

Students will read from the American Red Cross First Aid/CPR training manual.

Writing Assignments

Students will complete a written test

Out-of-class Assignments

Students reading will be completed outside of class time.

Demonstration of Critical Thinking

Quizzes, skill demonstration, performance of skill techniques on mannequins, evaluation of mannequin tape analysis, final exam

Required Writing, Problem Solving, Skills Demonstration

Skill proficiency in bandaging, splinting, immobilization, treatments and earthquake preparedness. Demonstration of proficiency in CPR, AED, Bag Valve, and 2 person CPR.

Eligible Disciplines

Physical education: Masters degree in physical education, exercise science, education with an emphasis in physical education, kinesiology, physiology of exercise, or adaptive physical education, OR bachelors degree in any of the above AND masters degree in any life science, dance, physiology, health education, recreation administration, or physical therapy OR the equivalent. Masters degree required.

Other Resources

1. First Aid-Responding to Emergencies by the American Red Cross, latest. CPR/AED for the Professional Rescuer by the American Red Cross, latest.