

Las Positas College
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Course Outline for KIN 15

FIRST AID & SAFETY

Effective: Fall 2019

I. CATALOG DESCRIPTION:

KIN 15 — FIRST AID & SAFETY — 1.50 units

This course has been designed to help you acquire the knowledge and skills you will need to effectively respond to emergency situations. Topics Include: recognition and treatment for cardiac and respiratory emergencies, first aid for bleeding, shock, burns, poisoning, stroke, and various injuries. American Red Cross Standard First Aid and Community CPR/AED certificates issued upon successful completion of Red Cross requirements.

1.00 Units Lecture 0.50 Units Lab

Grading Methods:

Letter Grade

Discipline:

	MIN
Lecture Hours:	18.00
Lab Hours:	27.00
Total Hours:	45.00

II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 1

III. PREREQUISITE AND/OR ADVISORY SKILLS:

IV. MEASURABLE OBJECTIVES:

Upon completion of this course, the student should be able to:

- A. Recognize that an emergency exists
- B. Identify life threatening conditions
- C. Demonstrate appropriate care for sudden illnesses
- D. Demonstrate the ability to perform CPR and rescue breathing
- E. Demonstrate the ability to perform First Aid

V. CONTENT:

- A. The Emergency Medical System
 - 1. You and the EMS system
 - 2. Getting permission to give care
 - 3. Skill: Removing gloves
- B. Taking Action
 - 1. Check
 - 2. Call
 - 3. Care
 - 4. Skill: Reaching and moving an ill or injured person
- C. Checking an Ill or Injured Person
 - 1. Checking a conscious person
 - 2. Checking an unconscious person
 - 3. Shock
 - 4. Skill: Checking a conscious person
 - 5. Skill: Checking an unconscious adult
 - 6. Skill: Checking an unconscious child
 - 7. Skill: Checking an unconscious infant
- D. When Seconds Count
 - 1. Life threatening emergencies
 - 2. Skill: Conscious choking – adult
 - 3. Skill: Conscious choking – child
 - 4. Skill: Conscious choking – infant
 - 5. Skill: How to give a rescue breath
 - 6. Skill: Rescue breathing – child
 - 7. Skill: Rescue breathing – infant
- E. Cardiac Emergencies
 - 1. Signals of a heart attack
 - 2. In case of a heart attack

3. Cardiac emergencies in children and infants
4. Using an AED – adults
5. Using an AED – children
6. Skill: CPR – adult
7. Skill: Unconscious choking – adult
8. Skill: CPR – Child
9. Skill: Unconscious choking – child
10. Skill: CPR – infant
11. Skill: Unconscious choking – infant
12. Skill: AED – adult
13. Skill: AED – child
- F. Injury Prevention
 1. Injuries
- G. Soft Tissue Injuries: Cuts, Scrapes, and Bruises
 1. Wounds
 2. Burns
 3. Special situations
 4. Skill: Controlling external bleeding
- H. Injuries to Muscles, Bones, and Joints
 1. Muscles
 2. Bones
 3. Joints
 4. Types of Injuries
 5. Skill: Applying an anatomic splint
 6. Skill: Applying a soft splint
 7. Skill: Applying a rigid splint
 8. Skill: Applying a sling and binder
- I. Sudden Illness
 1. Recognizing sudden illness
 2. Caring for sudden illness
 3. Specific sudden illness
 4. Stroke
- J. Poisoning
 1. Swallowed, inhaled, absorbed, and injected poisons
 2. Checking the scene for poisoning
 3. General care for poisoning
 4. Special care considerations
- K. Heat- or Cold-Related Emergencies
 1. Heat-related illness
 2. Cold-related illness
 3. Preventing heat- and cold-related illness
- L. Special Situations and Circumstances
 1. Infants and children
 2. Older adults
 3. Emergency childbirth
 4. People with disabilities
 5. Language barriers
 6. Crime scenes and hostile situations
- M. Asthma
 1. Asthma
 2. Skill: Assisting with asthma inhaler
- N. Anaphylaxis and Epinephrine Auto-Injector
 1. Anaphylaxis
 2. Skill: Assisting with an epinephrine auto-injector

VI. METHODS OF INSTRUCTION:

- A. **Lecture** -
- B. Skill Practice
- C. Video

VII. TYPICAL ASSIGNMENTS:

- A. Participate in practice session activities
- B. Written Exam
- C. Scenarios

VIII. EVALUATION:

Methods/Frequency

- A. Exams/Tests
- B. Other
 - Skill Proficiency Scenarios

IX. TYPICAL TEXTS:

1. Yardley *The American Red Cross. First Aid/CPR/AED for Schools and the Community*. Third ed., Staywell, 2006.

X. OTHER MATERIALS REQUIRED OF STUDENTS: