

Las Positas College
3000 Campus Hill Drive
Livermore, CA 94551-7650
(925) 424-1000
(925) 443-0742 (Fax)

Course Outline for KIN 15

FIRST AID & SAFETY

Effective: Fall 2012

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 hour lecture, 1.5 hours laboratory. [Typical contact hours: lecture 17.5, laboratory 26.25]

1.00 Units Lecture 0.50 Units Lab

Grading Methods:

Letter Grade

Discipline:

	<u>MIN</u>
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:

1. 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:

A. **Methods**

1. Exams/Tests

2. Other:
Skill Proficiency Scenarios
- B. **Frequency**

N/A

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: