

Las Positas College  
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**Course Outline for EMS 70A  
COMMUNITY CPR & FIRST AID  
Effective: Fall 2019**

**I. CATALOG DESCRIPTION:**

EMS 70A — COMMUNITY CPR & FIRST AID — 0.50 units

Designed for citizens in the community and non healthcare occupations. Development of the knowledge, skills and personal judgment necessary to initiate and perform basic life support techniques in cardiopulmonary resuscitation (CPR) & First Aid. Successful completion of the knowledge and skills test qualifies for the American Heart Association Heart Saver CPR AED & First Aid Certificate.

0.50 Units Lecture

**Grading Methods:**

Pass/No Pass

**Discipline:**

- Emergency Medical Technologies

	<u>MIN</u>
<b>Lecture Hours:</b>	9.00
<b>Expected Outside of Class Hours:</b>	18.00
<b>Total Hours:</b>	27.00

**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. List the priorities, roles, and responsibilities of first aid rescuers
- B. Describe the key steps in first aid
- C. Remove protective gloves
- D. Find the problem
- E. Describe the assessment and first aid actions for the following life-threatening conditions: heart attack, difficulty breathing, choking, severe bleeding, shock, and stroke
- F. Describe when and how to help a choking adult or child
- G. Demonstrate how to help a choking infant
- H. Use an epinephrine pen
  - I. Control bleeding and bandaging
- J. Recognize elements of common injuries
- K. Recognize elements of common illnesses
- L. Describe how to find information on preventing illness and injury
- M. Recognize the legal questions that apply to first aid rescuers
- N. Describe how high-quality CPR improves survival
- O. Explain the concepts of the Chain of Survival
- P. Recognize when someone needs CPR
- Q. Perform high-quality CPR for an adult
- R. Describe how to perform CPR with help from others
- S. Give effective breaths using mouth-to-mouth or a mask for all age groups
- T. Demonstrate how to use an AED on an adult
- U. Perform high-quality CPR for a child
- V. Demonstrate how to use an AED on a child
- W. Perform high-quality CPR for an infant
- X. Describe when and how to help a choking adult or child
- Y. Demonstrate how to help a choking infant

**V. CONTENT:**

- A. Adult
  1. Lesson 1: Course Introduction
  2. Lesson 1A: Life Is Why Activity
  3. Lesson 2: Adult CPR

- a. Part I: Scene Safety and Assessment
  - b. Part II: Chest Compressions
  - c. Part III: Giving Breaths (Mouth-to-Mouth)
  - d. Part IV: Giving Breaths (With a Mask)
- 4. Lesson 3: Use an AED (Adult)
  - a. Part I: AED
  - b. Part II: Putting It All Together
- 5. Lesson 4: Help From Others
- 6. Lesson 5: Adult CPR AED Summary
- 7. Lesson 6: Adult CPR and AED Skills Test
- 8. Lesson 7: Naloxone
- 9. Lesson 8: Adult Choking
- B. Child
  - 1. Lesson 1: Child CPR AED Introduction
  - 2. Lesson 2: Child CPR
    - a. Part I: Scene Safety and Assessment
    - b. Part II: Chest Compressions
    - c. Part III: Giving Breaths (Mouth-to-Mouth)
    - d. Part IV: Giving Breaths (With a Mask)
  - 3. Lesson 3: Use an AED (Child)
    - a. Part I: AED
    - b. Part II: Putting It All Together
  - 4. Lesson 4: Help From Others
  - 5. Lesson 5: Child CPR AED Summary
  - 6. Lesson 6: Child CPR Skills Test
  - 7. Lesson 7: Child Choking
- C. Infant
  - 1. Lesson 1: Infant CPR Introduction
  - 2. Lesson 2: Infant CPR
    - a. Part I: Scene Safety and Assessment
    - b. Part II: Chest Compressions
    - c. Part III: Giving Breaths (Mouth-to-Mouth)
    - d. Part IV: Giving Breaths (With a Mask)
    - e. Part V: Putting It All Together
  - 3. Lesson 3: Infant CPR Summary
  - 4. Lesson 4: Infant CPR Skills Test
  - 5. Lesson 5: Infant Choking
  - 6. Lesson 6: Course Conclusion
- D. First Aid
  - 1. Lesson 1: Course Introduction
  - 2. Lesson 1A: Life Is Why Activity
  - 3. Lesson 2: First Aid Basics: Duties and Key Steps
    - a. Part I: Duties, Roles, and Responsibilities of First Aid Rescuers
    - b. Part II: Universal Precautions and Exposure to Blood
    - c. Part III: Removing Protective Gloves (Test)
    - d. Part IV: Finding the Problem (Test)
  - 4. Lesson 3: First Aid Basics Summary
  - 5. Lesson 4: Medical Emergencies
    - a. Part I: Breathing Problems
    - b. Part II: Choking (if teaching First Aid only)
    - c. Part III: Allergic Reactions
    - d. Part IV: Using an Epinephrine Pen (Test)
    - e. Part V: Heart Attack, Fainting, Diabetes and Low Blood Sugar, Stroke, and Seizure
  - 6. Lesson 5: Medical Emergencies Summary
  - 7. Lesson 6: Injury Emergencies
    - a. Part I: External Bleeding
    - b. Part II: Controlling Bleeding and Bandaging (Test)
    - c. Part III: Wounds
    - d. Part IV: Internal Bleeding
    - e. Part V: Head, Neck, and Spine Injuries
    - f. Part VI: Broken Bones and Sprains
    - g. Part VII: Burns and Electrical Injuries
  - 8. Lesson 7: Injury Emergencies Summary
  - 9. Lesson 8: Environmental Emergencies
    - a. Part I: Bites and Stings
    - b. Part II: Heat-Related Emergencies
    - c. Part III: Cold-Related Emergencies
    - d. Part IV: Poison Emergencies
  - 10. Lesson 9: Environmental Emergencies Summary
  - 11. Lesson 10: Preventing Illness and Injury; Legal Questions
  - 12. Lesson 11: Course Conclusion

#### VI. METHODS OF INSTRUCTION:

- A. **Audio-visual Activity** - Audio-visual materials
- B. **Demonstration** - Skills demonstration
- C. **Discussion** -
- D. **Lecture** -

#### VII. TYPICAL ASSIGNMENTS:

- A. Review procedures of applying a tourniquet
- B. Review case studies for chest pain
- C. Review case studies for bleeding control
- D. Review procedures for the application for the AED

#### VIII. EVALUATION:

##### Methods/Frequency

- A. Exams/Tests
  - Summative multiple choice exam
- B. Other

1. Skills demonstration

IX. TYPICAL TEXTS:

1. American Red Cross. *First Aid/CPR/AED Participant's Manual*. 2016 ed., American Red Cross, 2016.
2. American Heart Association. *Heartsaver First Aid CPR AED Student Workbook 2016*. 2016 ed., American Heart Association, 2016.

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Pocket mask