

COURSE OUTLINE

HEED-112

First Aid and Safety

3 Semester Hours

HOWARD COMMUNITY COLLEGE

Description

This course is designed to acquaint students with theories and techniques of one and two person CPR and First Aid. The successful completion of this course will enable students to receive American Red Cross certification in CPR for the Professional Rescuer (valid one year) and First Aid-Responding to Emergencies (valid three years).

A liberal education prepares students to lead ethical, productive, and creative lives and to understand how the pursuit of lifelong learning and critical thinking fosters good citizenship. General education courses form the core of a liberal education within the higher education curriculum and provide a coherent intellectual experience for all students by introducing the fundamental concepts and methods of inquiry in the areas of mathematics, the physical and natural sciences, the social sciences, the arts and the humanities, and composition. This course is part of the general education core experience at Howard Community College.

Overall Course Objectives

Upon completion of this course the student will be able to:

1. Explain how the EMS system works and how the professional rescuer's role in the EMS system differs from a citizen responder's role.
2. Identify guidelines to follow to ensure personal safety and the safety of others at an emergency scene.
3. Explain what happens in the body if one or more body systems fail to function properly.
4. Identify ways in which diseases are transmitted and describe basic safety precautions to prevent transmission.
5. Explain the four emergency action principles.
6. Recognize breathing emergencies, such as choking, and provide proper care.
7. Identify a resuscitation mask and a bag-valve mask and use them properly.
8. Identify the major risk factors for cardiovascular disease, and injury, and describe how to control them.
9. Recognize the signs and symptoms of a possible heart attack, and describe how to care for someone who is experiencing persistent chest pain and/or other signs and symptoms of a heart attack.
10. Identify the signals of cardiac arrest, and demonstrate how to provide cardiopulmonary resuscitation (CPR) until advanced emergency medical care arrives.
11. Explain how to give CPR in certain special situations and under certain conditions.
12. Identify life-threatening bleeding, and demonstrate how to control it.
13. Identify the signals of shock, and describe how to minimize the effects of shock.
14. Identify the signals of various soft tissue and musculoskeletal injuries, and demonstrate how to care for them.
15. Identify the signals of medical emergencies, including poisoning and heat and cold emergencies, and describe both general and specific care for medical emergencies.
16. Describe when and how to move a victim in an emergency situation.

Major Topics

- Part I. Introductions
 - 1. The Citizen Responder
 - 2. Body System
- Part II. Assessment
 - 3. Responding to Emergencies
- Part III. Life-Threatening Emergencies
 - 4. Breathing Emergencies (Infant, Child, Adult)
 - 5. Cardiac Emergencies (Infant, Child, Adult)
 - 6. Bleeding
 - 7. Shock
- Part IV Injuries
 - 8. Soft Tissue Injuries
 - 9. Musculoskeletal Injuries
 - 10. Injuries to the Head and Spine
 - 11. Injuries to the Chest, Abdomen, and Pelvis
 - 12. Injuries to the Extremities
- Part V Medical Emergencies
 - 13. Sudden Illnesses
 - 14. Poisoning, Bites, and Stings
 - 15. Substance Misuse and Abuse
 - 16. Heat and Cold Exposure
- Part VI Rescues
 - 17. Reaching and Moving Victims
- Part VII Healthy Lifestyles (if time permits)
 - 18. Your Guide to a Healthier Life
- Part VIII Professional Rescuer Skills
 - 19. Two Rescuer CPR
 - 20. Legal Considerations
 - 21. Use of Resuscitation Mask
 - 22. Disease Transmission
 - 23. Near Drowning
 - 24. CPR in Difficult Situations and Locations

Course Requirements

Grading/Exams

Grading procedures will be determined by the individual faculty member but will include the following:

There will be a minimum of two exams. To receive American Red Cross Certification, one must pass both exams with an 80% or higher grade and complete all first aid and CPR skills. To successfully complete the course, one must maintain a 60% grade and complete all first aid and CPR skills. Attendance is required for this course due to the laboratory nature of this course. Each absence will lower the final grade one letter grade per absence.

Other Course Information

This course is an Interdisciplinary and Emerging Issues core course and meets the CPR requirements for nursing students.

It is required for students majoring in Health Education and Health Fitness and Wellness Promotion.