



## **HED 231 First Aid and CPR - American Heart Association**

### **I. Course Description:**

This course provides instruction for the immediate, temporary care, which should be given to victims of accidents and sudden illnesses. It also includes standards and advanced requirements of the American Heart Association. Cardiopulmonary Resuscitation training is included.

### **II. General Course Competencies:**

- A. The student will comprehend the definition of first aid.
- B. The student will identify the three basic steps taken in an emergency: check, call and care.
- C. The student will identify causes, symptoms and care steps for injuries and medical emergencies.
- D. The student will recognize the causes and symptoms of respiratory/cardiac emergencies.
- E. The student will perform the basic life support skills.
- F. The student will develop skills for preventing, evaluating and treating injuries and medical emergencies.

### **III. Course Objectives:**

The student will respond orally and/or in writing to the following objectives unless other specific directions are stated.

- A. The student will define first aid and interpret legal and moral responsibilities of the first aider.
- B. The student will identify, either by demonstration or performance, the three basic steps taken in an emergency: check, call and care.
- C. The student will identify causes and symptoms of injuries and medical emergencies including prevention and treatment.
- D. The student will recognize causes and symptoms of respiratory and cardiac emergencies.

- E. The student will perform the techniques of rescue breathing, obstructed airway management and CPR for an adult, child and infant victim.
- F. The student will develop skills for preventing, evaluating and treating injuries and medical emergencies including: wounds, control of bleeding; applying bandages; soft tissue injuries, splinting, injuries of mouth, nose, chest and abdomen; shock; poisoning; injuries from bites and stings; burns; heat and cold emergencies; heart attacks; stroke; fainting; seizures; epilepsy; diabetic emergencies and emergency rescue.
- G. The student will identify causes and preventive measures for common emergencies for the following: infants; toddlers; preschoolers; school age; and elderly.

IV. Class Activities include lecture, class discussion, use of audio/visual materials, demonstrations, small group participation and individual skill practice and performance.

V. Criteria for Evaluation:

Examinations are given periodically beginning early in the term including a final exam, first aid skill practice and testing and CPR performance testing. Other types of assessment techniques may include interview, first aid kits, reports, book assignments and written outside assignments. Exams include pen and paper tests and skill and performance tests.

The college grading system listed in the current college catalog will be used. The written tests count 50%, skill tests 25% and the written final exam 25% for the final grade. Instructors may use bonus point situations. Upon successful completion of all requirements the student may receive the following certifications:

Heartsaver First Aid Certification and BLS for Healthcare Providers  
with 80% accuracy and required CPR skill tests.

VI. Additional class policies:

A. The student may withdraw and receive an appropriate grade.

VII. Textbooks:

American Heart Association:

Heartsaver First Aid -Health and Safety - 2011 Student Workbook

BLS for Healthcare Providers - Professional - 2011 - Student Manual