

# C-ID Descriptor

## First Aid, CPR and AED

### Descriptor Details

- **Descriptor Title:** First Aid, CPR and AED
- **C-ID Number:** 101
- **Units:** 3.0
- **Date of Last Revision:** 6/6/2022 02:55:22 PM PDT

### General Description

This course involves the theory and detailed demonstration of the first aid care of the injured. The course will also introduce key issues for leading a healthy lifestyle, including heart disease risk factor identification, health and safety considerations, legal issues, and injury prevention. The student will learn to assess an individual's condition and demonstrate proper treatment. Upon successful completion of requirements, students would be eligible for first aid, CPR and AED for adult, child, and infant certification.

### Prerequisites

No information provided

### Corequisites

No information provided

### Advisories

No information provided

### Content

Course Content for Infant, Child, and Adult:

- Body Systems
- Victim Assessment
- Legal Issues
- Emergency Action Plan
- Care for emergencies: breathing, cardiac, choking, bleeding, shock, anaphylaxis and special circumstances (sudden illness, poisoning, bites, stings, and heat and cold emergencies)
- AED – Automatic External Defibrillator
- Internal/Soft Tissue injuries and burns
- Musculoskeletal injuries: head, spine, bone, joint, and extremities
- Splinting and immobilization
- Moving victims
- People with special needs
- Healthy lifestyles and safety measures: key issues for leading a healthy lifestyle, risk factor identification, injury prevention, health and safety considerations

## **Lab Activities**

## **Objectives**

*At the conclusion of this course, the student will be able to:*

- Assess victims of injury and medical emergencies and apply emergency action plan
- Describe the signs and symptoms associated with common medical emergencies
- Demonstrate the first aid care that is needed in common medical emergencies
- Demonstrate cardiopulmonary resuscitation and the use of AED
- Demonstrate bandaging and splinting techniques
- Demonstrate emergency rescue moves
- Evaluate their lifestyle for health and safety concerns and set personal goals for achieving a safe and healthy lifestyle

## **Evaluation Methods**

Methods of Evaluation may included, but are not limited to:

- Exams and quizzes designed to assess the students' knowledge of body systems, the emergency action plan, and signs and symptoms and proper care for injuries and medical emergencies
- Practical skill tests designed to evaluate the students' ability to perform practical skills such as bandaging, splinting, and CPR simulated scenarios
- Written and practical certification tests
- Assignments to assess their lifestyle for health and safety concerns

## **Textbooks**

College level textbook(s) supporting the learning objectives of this course and current within five years must be considered when matching courses to this descriptor.

American Heart Association or American Red Cross textbooks, manuals, and support materials.