

Course Title: CPR/First Aid

Date of Instruction:

Time Allocated: 4 hours

Instructor:

Test (s): Students will correctly demonstrate the removal of contaminated gloves, external chest compressions, rescue breaths using a CPR mask, primary assessment for an unresponsive and a responsive person, CPR as a single provider, control of severe bleeding, stabilization of suspected head, neck or back injury, stabilization of a swollen, painful, deformed limb. Students will be able to identify the need for rescue breathing and/or CPR, airway obstruction, victims of heart attack, stroke, shock, temperature extremes, poisoning, bites, stings, electric shock, and burn injuries. Students will be able to perform a primary assessment of victim to identify immediate life threatening complications and a secondary assessment of victim to identify external secondary injuries and internal injury complication.

BST



Number or Students: 6-10

Classroom set-up: Classroom style, with empty space on floor for practice.

Equipment Needed: Medic First Aid Pediatric Plus Instructor Handbook and DVD, DVD player, TV, CPR masks for students and instructor, valves for mask, Pediatric Plus student handbooks, white board and manikins (adult and infant)

Notes:

Time	Objective WST/ BST	Trainer's Script	Materials/Notes
8:00- 8:10		<p>Introduce self and students</p> <p>Go over materials and students fill out certification card.</p> <p>Collect cards.</p>	<p>CPR Mask, valve, student handbook, certification card</p>
8:10- 9:00	<p>Students will demo safe removal of gloves</p>	<p>Play video from beginning thru Barriers.</p> <p>Review SETUP with students</p> <p>Instructor demonstrates safe removal of protective gloves and students practice (pg. 8 student guide)</p> <p>Instructor will discuss blood borne pathogens.</p>	<p>Video chapter Latex gloves</p>
9:00- 9:20		<p>Play video thru Chain of Survival</p> <p>Discuss EMS – Talk about dialing 9 first (9-911), specifying location, meeting EMS to allow entry into facilities.</p>	<p>Video chapter</p>
9:20- 10:00	<p>Students will demo proper chest compressions, rescue breaths and primary assessment on adult, child, infant. (BST)</p> <p>Students will identify need for rescue breathing.</p> <p>Students will demo log roll and recovery position. (BST)</p> <p>Students will identify the need for CPR and will correctly demo single person CPR on adult and infant (BST)</p> <p>Test students using Loop.</p>	<p>Play video thru Unresponsive and Not Breathing.</p> <p>Demo proper hand placement and technique for chest compressions (adult, child, infant)</p> <p>Students will practice chest compressions on adult and infant manikins.</p> <p>Demo rescue breaths on adult and infant manikin.</p> <p>Students will practice head tilt, chin lift, clearing of airway and rescue breaths on adult and infant manikin</p> <p>Demo primary assessment – Unresponsive person.</p> <p>Demo Log Roll and Recovery position for unresponsive – breathing person.</p> <p>Perform CPR including assessment, calling EMS, asking for AED, rescue breaths and chest compressions.</p> <p>Loop training</p>	<p>Video chapter Adult manikins Infant manikins Loop and laptop computer.</p>

10:10-10:10		Break	
10:10-10:30	Students will demo AED use (BST)	Play video thru AED. Demo AED and allow students to practice using it.	Video chapter Training AED
10:30-11:30	Students will identify an airway obstruction and take proper steps to clear Students will demo control of severe bleeding, stabilization of suspected head, neck or back injury (BSTs)	Play video thru Head, Neck or Back injury and nose bleed. Demo Heimlich maneuver to clear blocked airway. Demo clearing an infants blocked airway, chest thrust and back blow. Students will practice on each other and on infant manikin Students will practice clearing an infant's airway on a manikin. Demo control of bleeding. Demo how to use a commercial and improvised tourniquet. Discuss Head, Neck or Back injury Demo spinal motion restriction.	Video chapter Commercial tourniquet
11:30-12:00		Tourniquet training. Discuss treatment of gunshots and stab wounds (from Tactical Lifesaver Course). Questions Return certification cards Evaluations	Tourniquet for practice. Evaluations

