

Revised:  
Fall 2016

# HLT 100

## First Aid and Cardiopulmonary Resuscitation

### COURSE OUTLINE

**Prerequisites:** None

**Course Description:**

**Focuses on the principles and techniques of safety, first aid, and cardiopulmonary resuscitation.**

**This course presents students with knowledge and skills necessary to help sustain life and minimize the consequence of injury or sudden illness until advanced help arrives. Topics include emergency and hazardous condition recognition as well as adult, child and infant CPR / AED and first aid. Students will have the opportunity to obtain a Red Cross certification upon successful completion of written and practical exams.**

**Semester Credits: 3 Lecture Hours: 3**

VIRGINIA WESTERN COMMUNITY COLLEGE  
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## First Aid and Cardiopulmonary Resuscitation

### Course Outcomes:

At the completion of this course, the student should be able to:

1. Students will be proficient and practice all of the skills necessary for pass the Red Cross Certification skills test.
2. Students will correctly perform Adult CPR.
3. Students will become proficient in the use of an AED.

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# HLT 100 First Aid and Cardiopulmonary

## Required Materials:

1. Textbook
2. First Aid student kit
3. Internet access
4. Blackboard

## Textbook:

American Red Cross: First Aid/CPR/AED Participants Manual ISBN:9781584804796

**The following supplementary materials are available:** None

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# HLT 100

## First Aid and Cardiopulmonary Resuscitation

### Topical Description:

- Chapter 1: Before Giving Care and Checking an Injured or Ill Person.
  - Skill sheet: Removing gloves
  - Skill sheet: Checking an Injured or Ill Adult
  - Skill sheet: Checking an Injured or Ill Child or Infant
- Chapter 2: Cardiac Emergencies and CPR
  - Background
  - Heart Attack
  - Putting it all together
  - Skill sheet: CPR-Adult
  - Skill sheet: CPR-Child
  - Skill sheet: CPR-Infant
- Chapter 3: AED
  - When the Heart suddenly fails
  - Using an AED
  - Putting it all together
  - Skills sheet: AED-Adult or Child
- Breathing Emergencies
  - Background
  - Respiratory Distress and Respiratory Arrest
  - Choking
    - Skill Sheet: Conscious Choking- Adult
    - Skill Sheet: Conscious Choking-Child
    - Skill Sheet: Conscious Choking-Infant
    - Skill Sheet: Unconscious Choking-Adult
    - Skill Sheet: Unconscious Choking-Child and Infant
- Chapter 7: Soft Tissue Injuries
  - Wounds
  - Burns
  - Putting it all together
  - Skill sheet: Controlling external bleeding
- Injuries to Muscles, Bones and Joints
  - Background
  - Types of injuries
  - Putting it all together
  - Skill sheet: Applying an Anatomic Splint
  - Skill Sheet: Applying a Soft Splint
  - Skill Sheet: Applying a Rigid Splint
  - Skill Sheet: Applying a sling and binder

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