

Virginia Western Community College

HLT 100

First Aid and Cardiopulmonary Resuscitation

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

Lab/Clinical/Internship Hours: 0

Required Materials

Textbook:

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

Other Required Materials:

First Aid student kit

Internet access

Blackboard

Course Outcomes

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

- Be proficient and practice all of the skills necessary to pass the Red Cross Certification skills test
- Correctly perform Adult CPR
- Become proficient in the use of an AED

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

Note to Instructors