

# Virginia Western Community College

## HLT 106

### First Aid and Safety

#### **Prerequisites**

None

#### **Course Description**

Focuses on the principles and techniques of safety and first aid.

**Semester Credits: 2**

**Lecture Hours: 2**

**Lab/Clinical/Internship Hours: 0**

#### **Required Materials**

##### **Textbook:**

American Heart Association. (2011). *BLS for healthcare providers: student manual*.  
American Heart Association ISBN: 978-1-61669-039-7

American Heart Association. (2011). *Heartsaver first aid student workbook*.  
American Heart Association ISBN: 978-1-61669-018-2

##### **Other Required Materials:**

Internet access

#### **Course Outcomes**

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

- Understand the purpose of First Aid and its benefits
- Understand safety and scene evaluation in emergency situations
- Accurately perform First Aid steps for Epinephrine pen and stopping bleeding
- Understand the purpose of CPR and its benefits
- Accurately perform Adult, Pediatric and Infant CPR
- Alleviate choking in an adult, pediatric or infant person

**Topical Description****Class Days**

- Prepare for First Aid and CPR Certification
- Review the history of the American Heart Association
- Review terminology and techniques of providing First Aid
- Learn proper First Aid techniques and perform these skills to show proficiency
- Review terminology and techniques of CPR
- Learn proper CPR techniques and perform these skills on a manikin to show proficiency

**Follow up Assignment**

- During the week following class, students will have additional assignments to complete for course credit. These assignments must be turned in through blackboard before deadline for proper credit for course grade.

**Note to Instructors**