

Virginia Western Community College
HLT 100
Adult and Pediatric CPR, Adult AED and First Aid
Summer and Fall 2022 and Spring 2023

Prerequisites:

None

Course Description:

HLT 100 - First Aid and Cardiopulmonary Resuscitation Focuses on the principles and techniques of safety, first aid, and cardiopulmonary resuscitation. Lecture 2-3 hours per week. Skills and AED use are hands on 2-3 credits

Semester Credits: 3 credit hours

Required Materials:**Textbook:**

American Red Cross First Aid/CPR/AED Participant's Manual by American Red Cross ISBN13: 9781736744789

Format: PaperbackPub. Date: 2021Publisher(s):Staywell

Rest is also available online in Canvas

Other Required Materials:

none

Course Outcomes:

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

- **Successfully demonstrate how to recognize an emergency**
- **Successfully demonstrate Adult and Pediatric CPR**
- **Successfully demonstrate choking (adult and Pediatric)**
- **Successfully demonstrate how to stop bleeding**
- **Successfully demonstrate the use of an AED combined with Adult CPR**
- **Successfully demonstrate how to activate the emergency medical system**
- **Successfully demonstrate the use of an Epi Pen**

Topical Description:

1. **Before giving care and Checking an Ill or Injured Person**
2. **Cardiac Emergencies and Giving CPR**
3. **Using an AED**
4. **Choking**
5. **Sudden Illness**

6. Injuries
7. Environmental Emergencies

Notes to Instructors:

- The text is provided online and available through Staywell.
- Skills are hands on
- Many of the students are teachers who need to be certified to renew their teaching certificate. The state requires the skills to be hands on.