

Virginia Western Community College

HLT 100

Adult and

Pediatric CPR, Adult AED and First Aid

Fall 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: 978-1-7367447-8-9 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 in the bookstore.**
- **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.**