

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

**Textbook:**

American Heart Association. (2020). BLS for healthcare providers: student manual. American Heart Association - ISBN: 978-1-61669-768-6

American Heart Association. (2020). Heartsaver first aid student workbook. American Heart Association - ISBN: 978-1-61669-829-4

**Course Outcomes:**

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

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

**Topical Description:**

Class Days:

During class, student will prepare for First Aid and CPR certification by reviewing the history of the American Heart Association. Students will review terminology and techniques of providing First Aid. Student will learn proper First Aid techniques and perform these skills to show proficiency. Student will review terminology and techniques of CPR. Student will learn proper CPR techniques and perform these skills on a manikin to show proficiency.

Follow up assignments:

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