

## **DEREE COLLEGE SYLLABUS FOR:**

**PE 1010 FIRST AID AND CPR**  
(Fall 2007)

**2/0/1**

**PRE-REQUISITES:** None

### **CATALOG**

**DESCRIPTION:** Knowledge and skills for CPR and FIRST AID taught. Included are CPR for adults, infants, and children and first aid for wounds, shock, burns, muscle, bone and joint injuries and for sudden illness. Emphasis will be on safety education for prevention, as well as follow-up care after injuries and illness.

**RATIONALE:** Knowing CPR and FIRST AID could potentially save a life by providing care until professional health care personnel arrive on the accident scene. They are lifetime skills that everyone should know.

**OBJECTIVES:**

1. Identify ways to prevent injury and/ or illness.
2. Recognize when an emergency has occurred.
3. Follow the action steps (check, call care) in any emergency.
4. Identify the major risk factors for cardiovascular disease and for injury, and describe how to control them.
5. Recognize the signals of a possible heart attack and describe how to provide care.
6. Recognize the signals of cardiac arrest and demonstrate how to provide care.
7. Identify life -threatening bleeding, and demonstrate how bleeding can be controlled.
8. Analyse the severity of the signals of various injuries and demonstrate how to care for them.
9. Recognize the signals of sudden illness, including poisoning, seizures, and heat and cold emergencies, and describe how to take care of them.
10. Describe when and how to move a person in an emergency situation.
11. Perform CPR correctly: CPR, airway destruction, and assessment use of automatic external defibrillator for adults, infants, and children.

### **LEARNING**

**ACTIVITIES:** Skills tests, class discussions, case studies, written tests.

**EVALUATION:** Students will receive a letter grades of A, B, C, D, D, or F, based on written & skills final examination, attendance, and class participation and behaviour.

**REQUIRED MATERIAL:** First Aid/CPR/AED for Schools and the community. The American National Red Cross. Staywell. 2006

**CONTENT OUTLINE:**

1. Utilizing the universal/ standard precaution - removing gloves.
2. Checking for consciousness.
3. Positioning the victim.
4. Opening the airway.
5. Checking for breathing.

6. Breathing into the victim.
7. Checking for signs of circulation (including pulse).
8. Complete airway obstruction (conscious victim).
9. Complete airway obstruction (unconscious victim).
10. Cardiopulmonary resuscitation – CPR.
11. Controlling external bleeding.
12. Splinting.
13. In-line stabilization for neck and back injuries.
14. Fundamentals of instruction.