

First Aid and CPR

Course Texts are not included

[Students may find new texts at <https://www.redcross.org/store/books-and-dvds/first-aid-and-cpr-aed>. Used, new, or rental copies may be available at resellers such as Amazon.]

Required: American Red Cross. First Aid/CPR/AED Participant's Manual, StayWell, 2016, ISBN: 9781584806653.

Recommended: American Red Cross. Responding to Emergencies: Comprehensive First Aid/CPR/AED, StayWell, 20167, ISBN: 9781584806844

Course Description

This course is designed to teach non-medical personnel how to recognize and treat life-threatening emergencies, assess the victim, and treat cardiovascular emergencies and external and internal injuries. This course also covers emergencies in remote locations and childbirth emergencies.

Course Objectives

After completing this course, you will be able to:

- Explain first aid principles, emergency responses, and initial and secondary patient assessment.
- Recognize signs and symptoms of various medical emergencies and recommend first aid for each.
- Recommend dressing and bandages for specific wounds and explain first aid for special wounds and steps to control external bleeding.
- Compare and contrast types of burns and their effects, assess the severity of a burn, and demonstrate ways to provide first aid for various degrees and types of burns.
- Assess head, spinal, and musculoskeletal injuries and demonstrate care for such injuries, including the use of splints and slings.
- Differentiate the effects of internal bleeding and chest and pelvic wounds and demonstrate specific first aid steps for each type of wound.
- Assess problems of pregnancy, labor, and delivery and explain first aid for a pregnant woman and assisting at childbirth (including complications).
- Recognize signs of emotional responses to injuries and illness, behavioral problems, and abuse and recommend responses to each.
- Demonstrate choking care for responsive or unresponsive choking victims and explain the steps of the AED procedure.
- Apply understanding of the respiratory system to explain rescue breaths and chest

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compressions for respiratory and cardiovascular emergencies.

- Assess severity of shock and heat and cold emergencies and explain first aid steps.
- Evaluate danger to victims trapped in various conditions and demonstrate techniques of rescuing and moving victims.
- Recognize signs and symptoms of poisoning, substance abuse, and bites and stings and illustrate care for each.
- Illustrate general principles for injuries in remote locations and care for specific injuries and wilderness emergencies.

Course Prerequisites

There are no prerequisites to take First Aid and CPR.

Important Terms

In this course, different terms are used to designate tasks:

- Proctoring: all final exams require proctoring which can be completed conveniently from your home. A webcam is required.
- Tutoring: memberships include online tutoring for students to access with any content/subject related questions in the place of faculty. If your tutor is not able to answer your questions please contact a student advisor.
- Review Activities: A non-graded assignment to assist you in practicing the skills discussed in a topic.
- Homework: non-graded quizzes that help highlight the content which will be assessed on graded exams.
- Graded Exam: A graded online assessment.
- Final Scenario Demonstration: A role-play exercise that you'll submit as a video.
- Certification: As part of the course requirements you will attend a CPR/First Aid training to become certified. This is not optional.

Course Evaluation Criteria

StraighterLine provides a percentage score and letter grade for each course. See [Academic Questions](#) section in FAQ for further details on percentage scores and grading scale. A passing percentage is **70%** or higher.

If you have chosen a Partner College to award credit for this course, your final grade will be based upon that college's grading scale. Only passing scores will be considered by Partner Colleges for an award of credit.

There are a total of 1000 points in the course:

Topic	Assessment	Points Available
3	Graded Exam #1	75

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5	Graded Exam #2	75
5	Cumulative Graded Midterm Exam	200
9	Graded Exam #3	75
14	Graded Exam #4	75
14	Final Scenario Demonstration	100
15	Cumulative Graded Final Exam	300
15	Verification of CPR Certification	100
Total		1000

Course Topics and Objectives

Topic	Topic	Subtopics	Objectives
1	Introduction to First Aid	<ul style="list-style-type: none"> • Key Principles of First Aid • Responding to Emergencies • Assessing the Victim • Blood-borne pathogens 	<ul style="list-style-type: none"> • Summarize data that shows the need for first aid and explain the goals of first aid. • Sequence the steps of responding to emergencies and explain prevention of disease transmission as a part of the preliminary response. • Explain important follow-up activities, including how to cope with traumatic events. • Apply steps of initial and secondary patient assessment to determine the seriousness of a patient's condition and the need for care. • Understand the Occupational Safety and Health Administration's (OSHA)'s standards for safety around blood-borne pathogens.
2	Rescuing and Moving Victims	<ul style="list-style-type: none"> • Rescuing a Victim • Rescue Techniques • Moving a Victim 	<ul style="list-style-type: none"> • Assess dangers to victims trapped in various conditions. • Demonstrate techniques for rescuing victims in cases of fires, hazardous

			<p>material spills, and vehicle crashes.</p> <ul style="list-style-type: none"> • Demonstrate techniques for water and ice rescue, including use of equipment. • Assess the need for moving a victim and explain precautions necessary before and after moving a victim.
3	Medical Emergencies	<ul style="list-style-type: none"> • Heart Attack, Angina, and Stroke • Respiratory Distress and COPD • Fainting, Seizures, and Altered Mental Status • Diabetic Emergencies 	<ul style="list-style-type: none"> • Detect a possible heart attack, a stroke, or angina using common signs and symptoms and describe first aid procedures for these conditions • Differentiate various conditions that cause respiratory distress and explain general care steps for respiratory distress and COPD. • Recognize the signs of fainting, seizures, and altered mental status and explain first aid procedures for these conditions. • Differentiate hypoglycemia and hyperglycemia, describe the signs of each, and recommend first aid steps for these diabetic emergencies.
4	Basic Life Support 1: Respiratory and Cardiovascular Emergencies	<ul style="list-style-type: none"> • Respiratory System and Emergencies • Rescue Breaths • Key Aspects of CPR 	<ul style="list-style-type: none"> • Describe the components and functions of the respiratory system and explain common respiratory emergencies and their consequences. • Explain the techniques of giving rescue breaths, potential problems, and precautions to avoid the problems.

			<ul style="list-style-type: none"> Summarize cardiovascular risk factors and explain how each step in the cardiac chain of survival increases the probability of saving the patient. Explain how CPR combines chest compressions and rescue breaths to revive a patient who is not breathing.
5	Basic Life Support 2: Choking and Automated External Defibrillator (AED)	<ul style="list-style-type: none"> Choking Emergencies Automated External Defibrillator (AED) 	<ul style="list-style-type: none"> Demonstrate choking care for responsive or unresponsive choking victims and differentiate care for adults and children. Relate the heart's electrical system to the function of AED. Evaluate the need for AED, explain the steps of the AED procedure, and explain special considerations and precautions for using AED.
6	External Injuries	<ul style="list-style-type: none"> External Bleeding Types of Wounds Dressing and Bandaging Wounds Caring for Special Wounds 	<ul style="list-style-type: none"> Differentiate degrees of severity of blood loss and types of external bleeding and describe care to control bleeding. Describe cleaning for various types of open wounds. Recommend specific dressing and bandages for various types of wounds. Demonstrate first aid for various special wounds.
7	Burns	<ul style="list-style-type: none"> Assessing a Burn Preventing Burns First Aid for Burns 	<ul style="list-style-type: none"> Compare and contrast types of burns and their effects and assess the severity of a burn. Demonstrate ways to provide first aid for

			<p>various degrees and types of burns including chemical burns, electrical burns, and smoke inhalation.</p> <ul style="list-style-type: none"> Summarize data on fires and injuries due to burns and explain prevention of fires and burns.
8	Internal Injuries	<ul style="list-style-type: none"> Internal Bleeding Chest Injuries Abdominal and Pelvic Injuries 	<ul style="list-style-type: none"> Recognize the signs of internal bleeding and describe steps to control internal bleeding. Differentiate the effects of various chest wounds and demonstrate specific first aid steps for each type of wound. Differentiate the effects of various abdominal and pelvic wounds and demonstrate specific first aid steps for each type of wound.
9	Musculoskeletal Injuries	<ul style="list-style-type: none"> Head and Spinal Injuries Bone, Joint, and Muscle Injuries Extremity Injuries 	<ul style="list-style-type: none"> Assess head and spinal injuries using signs, symptoms, and common causes and demonstrate first aid for such injuries. Assess bone, joint, and muscle injuries and explain the RICE steps of general first aid for such injuries. Recommend uses of different types of splints and slings for various types of injuries to the extremities.
10	Poisoning, Substance Abuse, and Bites	<ul style="list-style-type: none"> First Aid for Poisoning Substance Misuse and Abuse Bites and Stings 	<ul style="list-style-type: none"> Summarize data on poisoning. Recognize signs and symptoms of intoxication, alcohol withdrawal, drug abuse or overdose and

			<p>medication overdose and explain first aid for each.</p> <ul style="list-style-type: none"> • Differentiate the effects of bites and stings of various animals, recognize signs and symptoms of bites and stings, and explain first aid for bites and stings. • Describe ways to prevent poisoning. • Recognize signs and symptoms of poisoning. • Demonstrate first aid for swallowed, inhaled, and contact poisons.
11	Remote Location Emergencies	<ul style="list-style-type: none"> • Preparation • First Aid • Wilderness Emergencies 	<ul style="list-style-type: none"> • Explain preparation for first aid in remote locations or other conditions when help is delayed. • Illustrate general principles of giving help in remote locations such as mental preparedness, calls for help, shelter for the victim, and rescue and evacuation. • Demonstrate first aid for specific injuries in remote locations.
12	Environmental Emergencies	<ul style="list-style-type: none"> • First Aid for Shock • Heat and Cold Emergencies 	<ul style="list-style-type: none"> • Relate first aid steps for shock to possible causes of shock and to the need to prevent life-threatening effects of shock. • Describe the mechanism for maintaining normal body temperature and how it may fail in cases of extreme temperatures and the possible consequences. • Recognize the signs of anaphylaxis, explain the

			<p>importance of information provided by the patient about allergies, and explain actions to take.</p> <ul style="list-style-type: none"> • Differentiate heat and cold emergencies of different degrees of severity and recommend care for these emergencies.
13	Behavioral Emergencies	<ul style="list-style-type: none"> • Responses to Injury and Illness • Behavioral Emergencies • Abuse 	<ul style="list-style-type: none"> • Recognize common emotional and behavioral responses to injury and illness and demonstrate ways to reassure and calm the patient. • Recommend appropriate responses to people with behavioral problems. • Recognize signs of physical and sexual abuse in children, adults, and the elderly. • Demonstrate care for an abuse victim, including a rape victim.
14	Pregnancy and Childbirth	<ul style="list-style-type: none"> • Stages • Pregnancy • Childbirth 	<ul style="list-style-type: none"> • Describe and explain stages of pregnancy, labor, and delivery. • Assess the nature of problems and emergencies during pregnancy and explain care for each. • Recommend actions for assisting during labor and childbirth, care of the mother and child after delivery, and care for complications of delivery.
15	Review Topic	<ul style="list-style-type: none"> • Review 	<ul style="list-style-type: none"> • Review