

# Course: First Aid



## **Purpose**

To teach lay responders the knowledge and skills necessary to give care in an emergency, help sustain life and minimize the consequences of injury or sudden illness until medical help arrives.

## **Prerequisites**

None

## **Learning Objectives**

- Describe how to recognize and respond to an emergency.
- Describe the purpose of the Good Samaritan Laws.
- Describe the difference between consent and implied consent.
- Describe the three emergency action steps.
- Identify when and how to call 9-1-1 or the local emergency number.
- Explain when and how to move a person from a dangerous scene.
- Identify how to minimize the risk of disease transmission when giving care.
- Demonstrate how to minimize the risk of disease transmission when giving care.
- Demonstrate how to check an unconscious person for life-threatening and nonlife-threatening conditions.
- Demonstrate how to check a conscious person for life-threatening and nonlife-threatening conditions.
- Identify the signals of shock and describe how to minimize its effects.
- Describe how to prioritize care for injuries and sudden illnesses.
- Identify the signals of various soft tissue and musculoskeletal injuries.
- Identify the signs and symptoms of sudden illness, including stroke, diabetic emergency, poisoning and allergic reactions, and describe how to care for them.
- Identify the signs and symptoms of heat- and cold-related emergencies and describe how to care for them.
- Demonstrate how to control bleeding.
- Identify the signals of head, neck and back injuries and explain how to care for them.
- Demonstrate how to care for a muscle, bone or joint injury.

## **Length**

Approximately 3 hour and 40 minutes

## **Instructor**

A currently authorized American Red Cross instructor in any Lay Responder First Aid and CPR/AED, Emergency Response or Lifeguarding program.

**Certification Requirement**

- Attend and participate in all course sessions.
- Demonstrate competency in all required skills listed on the skills checklist.
- Participate in all skills sessions.
- Pass each section of the written exam with a score of 80 percent or better.

**Certificate Issued and Validity Period**

First Aid: 3 years

**Participant Products/Materials**

- *First Aid/CPR/AED for the Workplace Participant's Workbook* (StayWell Stock No. 656694)
- *First Aid/CPR/AED for Schools and the Community Participant's Manual* (StayWell Stock No. 652145)
- *First Aid Skills Card* (StayWell Stock No. 656692)