

Required Minimum Content for POST-certified First Aid/CPR/AED Course # 21795 (sample expanded course outline)

- I. Role of the public safety first aid provider
 - A. Personal safety
 - 1. Scene size-up
 - B. Body substance isolation, including removing gloves
 - C. Legal considerations
 - D. Emergency Medical Services (EMS) access
 - E. Integration with EMS personnel to include active shooter incidents
 - F. Minimum equipment and first aid kits
- II. Heart Attack and sudden cardiac arrest
 - A. Respiratory and circulatory systems
 - B. Heart Attack
 - C. Sudden cardiac arrest and early defibrillation
 - D. Chain of survival
- III. CPR and AED for adults, children, and infants, following current AHA Guidelines
 - A. Basic airway management
 - B. Rescue breathing
 - 1. Mouth-to-Mouth
 - 2. Mouth-to-Mask
 - 3. Bag-valve-mask (BVM)
 - C. Chest compressions and CPR/AED
 - 1. Basic AED operation
 - 2. Using the AED
 - 3. Troubleshooting and other considerations
 - D. Single rescuer CPR/AED on adult, child and infant
 - E. Two rescuer CPR/AED on adult, child and infant
 - F. Recovery position
- IV. Management of foreign body airway obstruction on adults, children, and infants
 - A. Conscious patients
 - B. Unconscious patients
- V. Recognition and identification of adult and pediatric patients for both medical and traumatic emergencies
 - A. Performing a primary assessment
 - B. Performing a secondary assessment
 - C. Obtaining a patient history
- VI. Medical emergencies
 - A. Pain, severe pressure or discomfort in chest
 - B. Breathing difficulties, including asthma and COPD
 - C. Allergic reaction and anaphylaxis
 - D. Altered mental status
 - E. Stroke

- F. Diabetic emergencies
 - 1. Administration of oral glucose
 - G. Seizures
 - H. Alcohol and drug emergencies
 - 1. Assisted naloxone administration and accessing EMS
 - I. Severe abdominal pain
 - J. Obstetrical emergencies
- VII. Burns
- A. Thermal burns
 - B. Chemical burns
 - C. Electrical burns
- VIII. Facial injuries
- A. Objects in the eye
 - B. Chemical in the eye
 - C. Nosebleed
 - D. Dental emergencies
- IX. Environmental emergencies
- A. Heat emergencies
 - B. Cold emergencies
 - C. Drowning
- X. Bites and stings
- A. Insect bites and stings
 - B. Animal and human bites
 - C. Assisted administration of epinephrine auto-injector and accessing EMS
- XI. Poisoning
- A. Ingested poisoning
 - B. Inhaled poisoning
 - C. Exposure to chemical, biological, radiological or nuclear (CBRN) substances
 - 1. Recognition of exposure
 - 2. Scene safety
 - D. Poison control system
- XII. Identify signs and symptoms of psychological emergencies
- XIII. Patient movement
- A. Emergency movement of patients
 - B. Lifts and carries which may include: using soft litters and manual extraction including fore/aft, side-by-side, shoulder/belt
- XIV. Tactical and rescue first aid principles applied to violent circumstances
- A. Principles of tactical casualty care
 - B. Determining treatment priorities
- XV. Orientation to the EMS system, including

- A. 9-1-1 access
- B. Interaction with EMS personnel
- C. Identification of local EMS and trauma systems

XVI. Trauma emergencies

- A. Soft tissue injuries and wounds
- B. Amputations and impaled objects
- C. Chest and abdominal injuries
 - 1. Review of basic treatment for chest wall injuries
 - 2. Application of chest seals
- D. Head, neck or back injury
- E. Spinal immobilization
- F. Musculoskeletal trauma and splinting
- G. Recognition of signs and symptoms of shock
 - 1. Basic treatment of shock
 - 2. Importance of maintaining normal body temperature
- H. Internal bleeding
 - I. Control of bleeding, including direct pressure, tourniquet, hemostatic dressings, chest seals and dressings
- J. Training in the use of hemostatic dressing shall result in competency in the application of hemostatic dressing. Included in the training shall be the following topics and skills:
 - 1. Review of basic methods of bleeding control to include but not be limited to direct pressure, pressure bandages, tourniquets, and hemostatic dressing and wound packing
 - 2. Types of hemostatic dressings

XVII. Legal issues

XVIII. Safety protocols

XIX. Written, oral and/or demonstration assessment (in each topic area)