

Required Minimum Content for POST-certified First Aid/CPR/AED Refresher Course # 21797 (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. Integration with EMS personnel to include active shooter incidents
 - D. Mass Casualty Responsibilities
 - E. Minimum personal equipment and first aid kits
- II. Heart Attack and sudden cardiac arrest to include:
 - A. Sudden cardiac arrest and early defibrillation
 - B. Chain of survival
- II. CPR and AED for adults, children, and infants, following current AHA Guidelines
 - A. Basic airway management
 - B. Rescue breathing
 - A. Mouth-to-Mouth
 - B. Mouth-to-Mask
 - C. Bag-valve-mask (BVM)
 - C. Chest compressions and CPR/AED
 - A. Basic AED operation
 - B. Using the AED
 - C. 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
- III. Management of foreign body airway obstruction on adults, children, and infants
 - A. Conscious patients
 - B. Unconscious patients

Recognition and identification of adult and pediatric patients for both medical and traumatic emergencies

 - C. Performing a primary assessment
 - D. Performing a secondary assessment
 - E. Obtaining a patient history
- IV. Medical emergencies
 - A. Pain, severe pressure or discomfort in chest
 - B. Breathing difficulties, including asthma and COPD
 - C. Allergic reaction and anaphylaxis
 - i. Assisted administration of epinephrine auto-injector
 - D. Altered mental status
 - E. Stroke
 - F. Diabetic emergencies
 - A. Administration of oral glucose
 - G. Seizures
 - H. Alcohol and drug emergencies
 - A. Assisted naloxone administration and accessing EMS

- I. Severe abdominal pain
- J. Obstetrical emergencies

- V. Burns
 - A. Identification and treatment

- VI. Facial injuries
 - A. Identification and treatment

- VII. Environmental emergencies
 - A. Heat emergencies
 - B. Cold emergencies

- VIII. Bites and Stings
 - A. Insect Bites and stings
 - B. Animal and human bites
 - C. Assisted administration of epinephrine auto-injector and accessing EMS

- IX. Poisoning
 - A. Ingested poisoning
 - B. Inhaled poisoning
 - C. Exposure to chemical, biological, radiological or nuclear (CBRN) substances
 - A. Recognition of exposure
 - B. Scene safety
 - D. Poison control system

- X. 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

- XI. Tactical and rescue first aid principles applied to violent circumstances
 - A. Principles of tactical casualty care
 - B. Determining treatment priorities

- XII. Orientation to EMS system, including
 - A. 9-1-1 Access
 - B. Interaction with EMS personnel
 - C. Identification of local EMS and trauma systems

- XIII. Trauma emergencies
 - A. Soft tissue injuries and wounds
 - B. Amputations and impaled objects
 - C. Chest and abdominal injuries
 - A. Review of basic treatment for chest wall injuries
 - B. 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
 - A. Basic treatment of shock
 - B. Importance of maintaining normal body temperature
 - H. Internal bleeding
 - I. Control of external bleeding, including direct pressure, tourniquet, hemostatic dressings, chest seals and dressings
 - 1. 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:
 - a. 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
 - b. EMSA-approved hemostatic dressings
- XIV. Legal issues
- A. Authorized skills and liability limitations
- XV. Safety protocols
- XVI. Written, oral and/or demonstration assessment (in each topic area)