COMMON COURSE OUTLINE: Course discipline/number/title: HLTH 1109: Community CPR First Aid and Safety

A. CATALOG DESCRIPTION
   1. Credits: 1
   2. Hours/Week: 15 hours per semester
   3. Prerequisites (Course discipline/number): None
   4. Co-requisites (Course discipline/number): None
   5. MnTC Goals (if any): NA

   This course prepares the student to recognize an emergency, implement an emergency action plan, provide basic emergency care, and learn methods of preventing injuries and emergencies. Skill assessment will be included for: assessing a victim, breathing emergencies, obstructed airway techniques, and CPR techniques for conscious and unconscious adults, children, and infants; control of bleeding; treating shock; and applying splints and slings. This course utilizes the American Red Cross Community First Aid & Safety curriculum and students successfully completing this course will receive the appropriate certificates from the American Red Cross. RECOMMENDED ENTRY SKILLS/KNOWLEDGE: College Level Reading.

B. DATE LAST REVISED (Month, year): February, 2005

C. OUTLINE OF MAJOR CONTENT AREAS:
   1. Preparation for Emergencies
      a) Recognizing Emergencies
      b) Deciding To Act
         i. Legal Considerations
         ii. Good Samaritan Law
         iii. Consent
      c) Preparing for Emergencies
   2. Action Plan for Emergencies
      a) Check
      b) Call
      c) Care
      d) First Aid Challenge
   3. Checking the Victim
      a) Checking the Unconscious Victim
      b) Checking a Conscious Victim
      c) Personal Prevention
         i. Disease Transmission
         ii. Breathing Barriers and Gloves
   4. Adult Life-Threatening Emergencies
      a) Breathing Emergencies
      b) If a Person has Trouble Breathing
      c) If a Person is Choking
      d) If a Person is Not Breathing
      e) If Air Does Not Go In
   5. Heart Emergencies
      a) Signals of Heart Problems
      b) Heart Attacks
      c) Preventing Heart Disease
   6. Children and Life Threatening Emergencies
      a) Emergencies in Children
      b) If a Child has Trouble Breathing
      c) If a Child is Choking
      d) If Air Does Not Go In
      e) If a Child Has No Pulse
C. OUTLINE OF MAJOR CONTENT AREAS: Continued... 

7. Infants and Life Threatening Emergencies
   a) Emergencies in Infants
   b) If an Infant Has Trouble Breathing
   c) If an Infant is Choking
   d) If Air Does Not Go In
   e) If an Infant has No Pulse

8. Injuries
   a) Causes of Injury
   b) Reducing Your Risk to Injury

9. Cuts, Scrapes, and Bruises
   a) Dressings and Bandages
   b) Caring for Soft Tissue Injuries
   c) Shock
   d) Special Situations

10. Burns
    a) Burns and Their Care
    b) Special Kinds of Burns

11. Injury to Muscles, Bones, and Joints
    a) Fractures
    b) Sprains and Strains
    c) Head and Spine Injuries

12. Sudden Illness
    a) Recognizing Sudden Illness
    b) General Care for Sudden Illness
    c) Fainting
    d) Seizures
    e) Diabetic Emergencies

13. Poisoning
    a) Method of Entry
    b) General Care
    c) Poison Control Center
    d) Poison Prevention

14. Heat/Cold Emergencies
    a) Heat Related Emergencies and Their Care
    b) Cold Related Emergencies and Their Care

15. Special Considerations Caring for the Young and the Elderly

16. Healthy Lifestyles
    a) A Safer and Healthier Life and Environment
    b) Self Responsibility

D. LEARNING OUTCOMES (GENERAL): The student will be able to:
1. Recognize signs of an emergency.
2. Prepare to respond to an emergency.
3. Implement an emergency action plan.
4. Assess the victim in an emergency.
5. Demonstrate emergency care for an adult, child and infant victim who is not breathing (conscious and unconscious).
6. Demonstrate emergency care for an adult, child and infant victim with an obstructed airway (conscious and unconscious).
7. Demonstrate emergency care for an adult, child, and infant victim without a pulse.
8. Demonstrate emergency care for soft tissue injuries.
10. Demonstrate emergency care for burns.
11. Demonstrate emergency care for injuries to muscles, bones, and joints.
15. Describe methods of preventing heart disease.
D. **LEARNING OUTCOMES (GENERAL):** Continued... The student will be able to:
   16. Describe methods to reduce the risk of injuries for children and infants.
   17. Describe methods for reducing the risk of injuries for adults.

E. **LEARNING OUTCOMES (MNTC):** NA

F. **METHODS FOR EVALUATION OF STUDENT LEARNING:**
   1. Written Quizzes
   2. Skill Performance Evaluations

G. **SPECIAL INFORMATION (if any):**
   Will be using manikins with face masks, gloves and breathing barriers