

Course: Standard First Aid with CPR—Adult

Purpose

Train lay responders to overcome any reluctance to act in emergency situations and to recognize and care for life-threatening respiratory or cardiac emergencies in adults. Provide the lay responder with the knowledge and skills necessary in an emergency to help sustain life and to minimize pain and the consequences of injury or sudden illness until professional 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.
- Recognize the signals of a breathing emergency.
- Demonstrate how to care for a person who is choking.
- Demonstrate how to recognize and care for a person who is not breathing.
- Recognize the signals of a cardiac emergency.
- Identify the links in the Cardiac Chain of Survival.
- Describe how to care for a heart attack.
- Demonstrate how to give cardiopulmonary resuscitation (CPR).
- Identify prevention strategies to decrease the risk of breathing emergencies.

Length

Approximately 5 hour and 30 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

CPR—Adult: 1 year

Standard 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)
- *Adult CPR/AED Skills Card* (StayWell Stock No. 656691)
- *First Aid Skills Card* (StayWell Stock No. 656692)