

**HEA 112
FIRST AID & CPR**

COURSE DESCRIPTION:

Prerequisites: None

Corequisites: ENG 080 and RED 080, or satisfactory score on placement test

This course introduces the basics of emergency first aid treatment. Topics include rescue breathing, CPR, first aid for choking and bleeding, and other first aid procedures. Upon completion, students should be able to demonstrate skills in providing emergency care for the sick and injured until medical help can be obtained. Course Hours Per Week: Class, 1. Lab, 2. Semester Hours Credit, 2.

LEARNING OUTCOMES:

- a. Use first aid techniques to respond to a variety of emergencies.
- b. Administer cardiopulmonary resuscitation.
- c. Describe components of a healthy lifestyle.
- d. Obtain Red Cross certification in First Aid and CPR by passing a written test with 80% minimum score and successfully completing all skills checks.

OUTLINES OF INSTRUCTION:

- I. Introduction
 - A. Healthy lifestyle/prevention
 - B. Responding to emergencies
- II. Body systems
 - A. Primary and secondary survey and practice
 - B. Respiratory emergencies and practice
 - 1) Rescue breathing
 - 2) Obstructed airway
 - C. Cardiac emergencies and practice of cardiopulmonary resuscitation
 - D. Bleeding and shock
 - E. Injuries - description and specific care
 - 1) Soft tissue injuries and practice controlling bleeding
 - 2) Musculoskeletal injuries and practice in immobilization
 - 3) Specific injuries
- III. Medical emergencies
 - A. Substance abuse/poisoning
 - B. Exposure to heat and cold

IV. Rescue moves

V. Guide to a healthier life

REQUIRED TEXTBOOKS AND MATERIALS:

To be selected by the Instructor/Discipline Chair.

STATEMENT FOR STUDENTS WITH DISABILITIES:

Students who require academic accommodations due to any physical, psychological, or learning disability are encouraged to request assistance from a disability services counselor within the first two weeks of class. Likewise, students who potentially require emergency medical attention due to any chronic health condition are encouraged to disclose this information to a disability services counselor within the first two weeks of class. Counselors can be contacted by calling 686-3652 or by visiting the Student Development Office in the Phail Wynn Jr. Student Services Center, room 1309.