



## **HSI Adult First Aid CPR AED BBP Course Outline**

**Prerequisites:** This course shall have no formal pre-requisite.

**Course Length:** 4 hours – Course length shall vary depending on the number of delegates. Total course time includes breaks.

**Class Size:** The maximum number of delegates that may be trained and tested per instructor shall be twelve (12) in the classroom session and twelve (12) in the practical session.

### **Course Objective**

- Provide delegates with the core knowledge to perform basic first aid.
- Provide delegates with the core knowledge to perform Cardiopulmonary Resuscitation (CPR) with or without the use of an Automated External Defibrillator (AED).
- Provide delegates with the core knowledge to respond to allergic reactions.
- Provide delegates with the understanding of Universal Precautions and how to protect themselves from Bloodborne Pathogens (BBP)

### **Course Design**

- Power Point© / Lecture / Audio Video / Visual Aids/ Student Book

### **Successful Course Completion**

- Requires a minimum score of 75% or better.
- Delegates will have no more than thirty (30) minutes to complete the exam.
- Grades shall be calculated by dividing the number of questions answered correctly by the total number of exam questions.

### **Course Content Summary**

- Classroom

**Breaks:** 10 minutes (approximately every hour)

**Lunch:** 1 Hour (if applicable)

### **Course Outline**

#### Introduction

- Legal concepts

#### Roles, responsibilities, & priorities

- Assessment
- Recovery Position
- PPE
  - Safety Glasses
  - Gloves

## **HSI Adult First Aid CPR AED BBP**

### **Course Outline**

- Removal of Contaminated Gloves

#### **CPR & AED**

- Skills Video
- Assessment & Chest Compressions
  - Compression Only CPR
- Using a CPR Mask
- Using an AED
- One provider CPR & AED
- Additional CPR & AED Considerations
- Practical Assessment
  - Instructor Demonstration & Performance Evaluation

#### **Bloodborne Pathogens**

- General Information
- Exposure Entry Points
- Exposure Control Plan
- Recognizing Potential Exposure
- Engineering and Administrative Controls
  - General Safe Work Practices
- Personal Protective Equipment
- Hepatitis B Vaccine
- Incident Response
- Biohazard Signs and Labels

#### **Adult First Aid**

- Suspected Opioid Emergency
- Relief of Choking
- First Aid – Bleeding
  - Instructor Demonstration & Performance Evaluation
- Shock
- Minor Wounds
- Tooth Injuries
- Nosebleeds
- Impaled Objects
- Eye Injuries
- Amputation
- Internal Bleeding
- Open Chest Wounds
- Open Abdominal Injury
- Head, Neck or Spinal Injury
- Concussion
- Bone, Joint & Muscle Injuries



**HSI Adult First Aid CPR AED BBP**  
Course Outline

- Altered Mental Status
- Burns
- Poisoning
- Difficulty Breathing
- Asthma
- Allergic Reaction
  - Instructor Demonstration & Performance Evaluation
- Heat Attack
- Stroke
- Seizure
- Diabetes & Hypoglycemia
- Presyncope & Syncope
- Thermal Emergencies
  - Heat Illness
  - Heat Stroke
  - Frostbite
  - Hypothermia
- Bites & Stings
  - Stinging Insects
  - Venomous Snakes
  - Spiders, Scorpions, & Ticks
  - Marine Animal Stings
  - Animal & Human Bites

**Practical Session**

- One-Provider CPR AED
- Severe, Life-Threatening External Bleeding
- Severe Allergic Reaction

**Training Center Provided Material**

- Electronic copy of HSI Adult First Aid CPR AED Student Book

**Student Requirements**

- None