

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.

Course Design

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

Successful Course Completion

- Successful completion of practical session is mandatory.

Course Content Summary

- Classroom
- Practical Exercises

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
 - 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

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
- 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



HSI Adult First Aid CPR AED Course Outline



- 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