

Blended Learning: Standard First Aid with CPR—Adult

Purpose

The purpose of the *Standard First Aid with CPR—Adult* course is to train lay responders to overcome any reluctance to act in emergency situations and recognize and care for life-threatening respiratory or cardiac emergencies in adults. The course provides the lay responder with knowledge and skills necessary in an emergency to help sustain life and to minimize pain and the consequences of injury or sudden illness until advanced medical care arrives.

Prerequisites

None

Learning Objectives

- Recognize an emergency situation.
- Identify how to respond correctly to an emergency.
- Identify the purpose of Good Samaritan Laws.
- Identify the difference between consent and implied consent.
- Identify standard precautions to reduce the risk of disease transmission during and after giving care.
- Identify how to check the scene for safety.
- Identify how to check an injured person for consciousness.
- Identify when and how to move an injured person from a dangerous scene.
- Identify when to call and how to interact with the emergency medical services (EMS) system.
- Identify how to prioritize care for life-threatening injuries or sudden illnesses.
- Identify how to check a conscious person for life-threatening and non-life-threatening conditions.
- Identify how to check an unconscious person.
- Recognize the signals and how to care for shock.
- Identify how to clear the airway of a conscious choking adult.
- Recognize the signals of a heart attack in an adult.
- Identify what care to give to a person who is having a cardiac emergency.
- Identify the steps for giving adult CPR.
- Identify the steps for clearing the airway of an unconscious choking adult.
- Recognize and care for a victim of sudden illness.
- Recognize and care for soft tissue injuries, including controlling bleeding.
- Recognize and care for different types of burns.
- Recognize and care for injuries to the muscles, bones and joints.
- Identify how to splint a bone or joint injury.
- Recognize and care for injuries to the head, neck and back.
- Recognize and care for a victim of a heat-related emergency.
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- Demonstrate how to practice standard precautions to reduce the risk of disease transmission.
- Demonstrate how to clear the airway of a conscious choking adult.

- Demonstrate how to check an unconscious adult.
- Demonstrate how to give CPR to an adult.
- Demonstrate how to clear the airway of an unconscious choking adult.
- Demonstrate how to control external bleeding.
- Demonstrate how to immobilize muscle, bone and joint injuries.

Length

- Online Session: Approximately 3 hours
- Skills Practice and Assessment Session: Approximately 2 hours

Instructor

A currently authorized American Red Cross instructor in any Lay Responder First Aid and CPR/AED, Emergency Response or Lifeguarding program.

Certification Requirement

- Complete the applicable online session.
- Correctly answer at least 80 percent of the questions of the final online exam.
- **Note:** *Participants must successfully complete the online session before beginning the skills Practice and Assessment Session.*
- Attend and participate in the skills practice and assessment session for the course.
- Demonstrate competency in all required skills listed on the Participant Progress Log in the instructor's manual.

Certificate Issued and Validity Period

CPR—Adult:: 1 year

Standard First Aid: 3 years

Participant Products/Materials

- *First Aid/CPR/AED for Schools and the Community Participant's Manual* (StayWell Stock No. 652145); or
- *Adult CPR/AED Skills Card* (StayWell Stock No. 656691); and
- *First Aid Skills Card* (StayWell Stock No. 656692)

American Red Cross Universal Certificate

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