

**EXPANDED COURSE OUTLINE**  
**POST Certified First Aid / CPR and AED Refresher course**

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**I. INTRODUCTION**

- A. Purpose
  - 1. To update and refresh first aid and CPR skills and to certify personnel in the use of automated external defibrillators.
- B. Student Expectations
  - 1. Upon completion students will be able to successfully demonstrate proficiency in rescue breathing and CPR for adult, child and infant, as well as AED use on adults.
  - 2. Pass a final written exam with minimum grade of 80 percent.

**II. PRETEST KNOWLEDGE EXAM**

- A. Measurement of base knowledge and indication of knowledge gaps.
  - 1. 30 minute knowledge exam
  - 2. Review of answers

**III. LEGAL ISSUES**

- A. Responsibilities of a professional rescuer
  - 1. Scene safety / personal and bystander
  - 2. Determining any life threatening conditions and communicating
  - 3. Characteristics of a professional rescuer
    - a. Maintaining a professional appearance and attitude
    - b. Keeping your skills and knowledge up to date
    - c. Controlling your own fears
    - d. Maintaining a healthy lifestyle
- B. Legal considerations
  - 1. Duty to act
  - 2. Negligence
  - 3. Good Samaritan laws
  - 4. Consent
  - 5. Refusal of care
  - 6. Definition of Battery
  - 7. Record keeping / report writing

#### IV. BLOOD AND AIRBORNE PATHOGENS / PROVENTING DISEASE TRANSMISSION

Peace officers and all others within the EMS system must take appropriate precautions at all times when in direct contact with injured victims blood or body fluids.

Infection and disease are caused by pathogens that are spread through the air or by contact with another person's blood or body fluids.

Airborne pathogens are spread by tiny droplets sprayed during breathing, coughing, or sneezing. Airborne pathogens can be absorbed through the eyes or when contaminated particles are inhaled.

Blood borne pathogens may be spread when the blood or other body fluids of one person comes into contact with an open wound or sore of another.

To limit the exposure to pathogens consider the following.

- A. BSI (Body, Substance, Isolation) precautions
  - 1. Avoid contact with blood and other body fluids
  - 2. Use personal protective equipment (gloves, breathing barriers)
  - 3. Avoid touching your mouth, nose and eyes while providing care
  - 4. Carefully wash your hands with soap and water or disinfectant.
  - 5. Keep immunizations up-to-date
- B. Glove removal
  - 1. Demonstration of glove removal
  - 2. Glove removal skills component
- C. Resuscitation masks vs. breathing barriers
  - 1. Benefits of masks vs. barriers

#### V. BREATHING EMERGENCIES

- A. Airway obstructions
  - 1. Video
  - 2. Review Skill sheet handouts
  - 3. Adult / Child
    - a. Conscious choking demonstration
    - b. Unconscious choking demonstration
    - c. Skills component conscious choking
    - d. Skills component unconscious choking
  - 4. Infant
    - a. Conscious choking demonstration
    - b. Unconscious choking demonstration
    - c. Skills component conscious choking
    - d. Skills component unconscious choking
- B. Rescue breathing
  - 1. Adult
    - a. rescue breathing demonstration
    - b. Skills component rescue breathing
  - 2. Child
    - a. rescue breathing demonstration
    - b. Skills component rescue breathing
  - 3. Infant
    - a. rescue breathing demonstration
    - b. Skills component rescue breathing

## **VI. CARDIAC EMERGENCIES**

- A. The cardiac chain of survival
  - 1. Early access to EMS
  - 2. Early CPR
  - 3. Early defibrillation
  - 4. Early advanced life support
- B. Signs and symptoms of a heart attack
- C. Cardiac Arrest
  - 1. Video
  - 2. Review Skill sheet handouts
- D. CPR
  - 1. Adult
    - a. CPR demonstration
    - b. Skills component CPR
  - 2. Child
    - a. CPR demonstration
    - b. Skills component CPR
  - 3. Infant
    - a. CPR demonstration
    - b. Skills component CPR

## **VII. AUTOMATED EXTERNAL DEFIBRILLATION**

- A. Why the heart fails
  - 1. Video
- B. Using AEDs
  - 1. Overview of AEDs on the market
  - 2. When to use
  - 3. Precautions
  - 4. AED demonstration
  - 5. AED skills component

## **VIII. FIRST AID EMERGENCIES**

- A. Wounds, bleeding and burns
  - 1. Video
  - 2. Review handouts
- B. Injuries to muscles, bones and joints
  - 1. Review handouts
- C. Heat and cold related emergencies
  - 1. Review handouts

## **IX. FINAL WRITTEN EXAM**