Occupational Safety and Health (OSH) 1107 Medic First Aid Training/CPR (.25 Unit)
[formerly Petroleum Technology 94A and IES 1107]

Prerequisite: None

Total Hours: 6 hours lecture; 2 hours lab (8 hours total)

Catalog Description: This course provides minimum knowledge necessary for a first aid provider to manage a medical emergency. Content includes how to recognize medical emergencies and provide basic first aid care for ill or injured adult patients. This course is repeatable. This course is offered on a Pass/No Pass basis with the option to receive a letter grade.

Type of Class/Course: Degree Credit

Text:


Additional Required Materials: None

Course Objectives:

By the end of the course, a successful student will be able to

1. perform all skills needed to respond to the immediate circumstances of an injury or sudden onset illness,
2. take the steps necessary to protect the care initiator from the hazards associated with lending aid to an injured or suddenly ill patient, and
3. understand the importance of maintaining control of an accident scene until emergency medical personnel arrive.

Course Scope and Content: (Lecture)

Unit I Role of the first aid provider
A. Emergency first aid care
B. Recognizing an emergency
C. Deciding to help
D. Personal safety
E. Using barriers

Unit II Approaching the patient
A. Assessing for response
B. Mechanism for spinal injury
C. Activating Emergency Medical Services (EMS)
Unit III  Basic life support  
A. Basic life supporting skills  
B. Airway  
C. Clearing the airway  
D. Protecting the airway  
E. Breathing  
F. Circulation  
G. Initial assessment  
H. Unresponsive patient  
I. Cardiopulmonary Resuscitation (CPR) for Cardiac Arrest  

Unit IV  Defibrillation  
A. Sudden cardiac arrest  
B. Basic Automatic External Defibrillator (AED) Operation  
C. Troubleshooting messages  
D. Other AED considerations  

Unit V  Bleeding and shock  
A. Control of bleeding  
B. Managing shock  

Unit VI  Choking  
A. Foreign body airway obstruction  

Unit VII  Continuous patient care  
A. Ongoing assessment  

Unit VIII  Caring for illness  
A. Warning signs of serious illness  
B. Altered level of responsiveness  
C. Pain, severe pressure, or discomfort in chest  
D. Breathing difficulty, shortness of breath  
E. Severe abdominal pain  

Unit IX  Caring for injury  
A. Mechanism for significant injury  
B. Swollen, painful, deformed limp  

Unit X  Specific first aid problems  
A. Caring for specific first aid problems  
B. Performing a physical assessment  
C. Obtaining a patient history  

Unit XI  Additional considerations  
A. Moving patients  
B. Emotional impact of providing first aid care  
C. Following the course  

Course Scope and Content: (Laboratory)  

1. Each Unit is followed by a “Group Practice” evolution that provides hands-on practice of skills using specific equipment, materials, and knowledge.
Learning Activities Required Outside of Class: None

Methods of Instruction:

1. Lecture
2. Video Presentation
3. Discussion
4. Hands-on practice of skills
5. 

Methods of Evaluation:

1. Observation of the student’s correct application of hands-on procedures

Supplemental Data:

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