

COMMON COURSE NUMBER: HSC 2400

COURSE TITLE: First Aid and Safety

CREDIT HOURS: 3

CONTACT HOURS BREAKDOWN:

Lecture/Discussion 48

Lab

Other

Contact Hours/Week 3

CATALOG COURSE DESCRIPTION:

Prerequisite: None

Corequisite: None

Accepted practices and training in first aid care of the injured and medical self-help for survival in emergencies. Course includes suggested procedures effective until adequate medical assistance can be obtained. Principles of safety problems and accident prevention are included. Not classified as an activity course. Elective credit only.

General Education Requirements - Associate of Arts Degree, meets Area(s):
General Education Requirements - Associate in Science Degree, meets Area(s):

UNIT TITLES:

1. Introduction
2. Victim Assessment
3. Basic Life Support
4. Shock
5. Bleeding
6. Specific Body Area Injuries
7. Poisoning
8. Burns
9. Exposure to Cold and Heat
10. Bone, Joint and Muscle Injuries
11. Medical Emergencies

12. Emergency Childbirth
13. First Aid Skills
14. Medicine Chest/First Aid Supplies (Optional)

I. Course Overview:

Upon successful completion of this course, the students should be able to distinguish signs/symptoms of injured or ill victims and give prudent aid until the services of qualified personnel arrive or the victim is transported to medical help.

II. Units:

Unit 1. Introduction

General Outcome:

- 1.0 The students should be able to discuss the magnitude of the injury problem, the need for first aid training, and the legal aspects of first aid.

Specific Learning Outcomes:

Upon successful completion of this unit, the students should be able to:

- 1.1 Discuss the effect of injury in relationship to heart disease, cancer, and other diseases.
- 1.2 Discuss the duty to act or not act as a legal aspect of first aid.
- 1.3 Explain the Florida Good Samaritan Law.

Unit 2. Victim Assessment

General Outcome:

2.0 The students should be able to assess the condition of the victim.

Specific Learning Outcomes:

Upon successful completion of this unit, the students should be able to:

2.1 Explain the difference between the primary and secondary survey.

2.2 Explain and/or demonstrate the assessing of various vital signs and symptoms of an ill or injured victim.

Unit 3. Basic Life Support

General Outcome:

3.0 The students should be able to demonstrate adult, child and infant mouth-to-mouth resuscitation, cardiopulmonary resuscitation and procedures for aiding choking victims.

Specific Learning Outcomes:

Upon successful completion of this unit, the students should be able to:

3.1 Discuss the signs and symptoms of basic life support.

3.2 Explain and demonstrate:

3.2.1 Correct steps in basic life support as they would pertain to an adult, child, and infant victim

3.2.2 Correct procedure as they would pertain to a foreign body airway obstruction to an adult, child, and infant

Unit 4. Shock

General Outcome:

4.0 The students should be able to recognize and treat shock due to an injury or allergy.

Specific Learning Outcomes:

Upon successful completion of this unit, the students should be able to:

4.1 List the signs and symptoms of:

4.1.1 Shock

4.1.2 Anaphylactic Shock

4.2 Discuss the treatment for:

4.2.1 Hypovolemic Shock

4.2.2 Anaphylactic Shock

Unit 5. Bleeding

General Outcome:

5.0 The students should be able to recognize various wound types, control the bleeding, and protect the wound(s).

Specific Learning Outcomes:

Upon successful completion of this unit, the students should be able to:

- 5.1 Identify and discuss types of wounds.
- 5.2 List the signs and symptoms of infection.
- 5.3 Discuss the treatment for:
 - 5.3.1 Infection
 - 5.3.2 Victims with severed body parts
- 5.4 Explain prevention methods for tetanus and rabies and identify the sources of contamination.
- 5.5 Discuss first aid for animal bites.

Unit 6. Specific Body Area Injuries

General Outcome:

6.0 The students should be able to identify a variety of injuries, position the victim, and provide prudent care.

Specific Learning Outcomes:

Upon successful completion of this unit, the students should be able to:

6.1 Identify the signs and symptoms of:

- 6.1.1 Head injuries
- 6.1.2 Eye injuries
- 6.1.3 Nose bleeds
- 6.1.4 Dental injuries
- 6.1.4 Throat and larynx injuries
- 6.1.5 Chest injuries
- 6.1.6 Abdominal injuries
- 6.1.7 Injuries to the extremities

6.2 Discuss the correct treatment for:

- 6.2.1 Head injuries
- 6.2.2 Eye injuries
- 6.2.3 Nose bleeds
- 6.2.4 Dental emergencies
- 6.2.5 Throat and larynx injuries
- 6.2.6 Chest injuries
- 6.2.7 Abdominal injuries
- 6.2.8 Injuries to the extremities
- 6.2.9 Hand and finger injuries
- 6.2.10 Blisters
- 6.2.11 Impaled objects

Unit 7. Poisoning

General Outcome:

7.0 The students should be able to discuss the common methods of being poisoned and prudent treatment for victims of each.

Specific Learning Outcomes:

Upon successful completion of this unit, the students should be able to:

7.1 Discuss and differentiate among victims being poisoned by:

- 7.1.1 Ingestion
- 7.1.2 Injection
- 7.1.3 Inhalation
- 7.1.4 Absorption

7.2 Discuss the treatment for victims of poisoning by:

- 7.2.1 Ingestion
- 7.2.2 Injection
- 7.2.3 Inhalation
- 7.2.4 Absorption

7.3 Discuss:

- 7.3.1 Differences in treating a corrosive poisoning victim versus treating a non-corrosive poisoning victim
- 7.3.2 Signs/symptoms of alcohol abuse and how they resemble other conditions
- 7.3.3 Drugs according to their effects on the user
- 7.3.4 First aid care for victims of alcohol and chemical abuse

Unit 8. Burns

General Outcome:

8.0 The students should be able to assess the severity of a burn and treat it accordingly.

Specific Learning Outcomes:

Upon successful completion of this unit, the students should be able to:

8.1 Discuss and differentiate and list various types of burns.

8.2 Discuss the treatment of various types of burns.

Unit 9. Exposure to Cold and Heat

General Outcome:

9.0 The students should be able to identify the signs/symptoms of exposure to cold and heat.

Specific Learning Outcomes:

Upon successful completion of this unit, the students should be able to:

9.1 Discuss the signs/symptoms and treatment of frostbite.

9.2 Discuss and differentiate between heat cramps, heat stroke and heat exhaustion and the pertinent treatment for each.

Unit 10. Bone, Joint and Muscle Injuries

General Outcome:

10.0 The students should be able to discuss and analyze the composition of the musculoskeletal system and treat injuries to it.

Specific Learning Outcomes:

Upon successful completion of this unit, the students should be able to:

10.1 Discuss the signs/symptoms of and correct treatment for:

- 10.1.1 Fractures
- 10.1.2 Dislocations
- 10.1.3 Sprains
- 10.1.4 Strains

10.2 Differentiate between muscle cramps and other soft tissue injuries and describe the treatment for each.

Unit 11. Medical Emergencies

General Outcome:

11.0 The students should be able to analyze and give prudent care for various medical emergencies until medical help arrives.

Specific Learning Outcomes:

Upon successful completion of this unit, the students should be able to:

11.1 Identify and discuss the signs/symptoms of and emergency care for:

- 11.1.1 Heart attack
- 11.1.2 Stroke
- 11.1.3 Diabetes
- 11.1.4 Asthma
- 11.1.5 Hyperventilation

11.2 Analyze the causes of a stroke.

11.3 Differentiate and discuss the signs/symptoms of diabetes.

11.4 Assess the implications and emergency care for abdominal pain.

11.5 Discuss the treatment for:

- 11.5.1 Constipation
- 11.5.2 Coughing
- 11.5.3 Diarrhea
- 11.5.4 Fever
- 11.5.5 Headache
- 11.5.6 Sore throat
- 11.5.7 Vomiting

Unit 12. Emergency Childbirth

General Outcome:

12.0 The students should be able to describe how to assist in or deliver a normal birth(s) when no medical aid is available.

Specific Learning Outcomes:

Upon successful completion of this unit, the students should be able to:

12.1 Differentiate the various stages of labor.

12.2 Discuss the steps in the normal delivery of a baby.

12.3 Discuss common problems which might arise upon delivery and the proper first aid procedure.

Unit 13. First Aid Skills

General Outcome:

13.0 The students should be able to demonstrate correct bandaging, splinting and moving techniques for injured victims.

Specific Learning Outcomes:

Upon successful completion of this unit, the students should be able to:

13.1 Demonstrate bandaging skills for various areas of the anatomy.

13.2 List the major types of bandages.

13.3 Differentiate between a traction splint and a fixation splint.

13.4 Distinguish between emergency moves and non-emergency moves.

13.5 Demonstrate the various methods to move non-emergency victims.

13.6 Discuss and/or demonstrate the various methods to move water or ice rescue victims.

Unit 14. Medicine Chest/First Aid Supplies (Optional)

General Outcome:

14.0 The students should be able to recognize and identify those supplies needed for emergencies and treatment of minor ills.

Specific Learning Outcomes:

Upon successful completion of this unit, the students should be able to:

14.1 Determine the non-drug products that meet the needs of most families.

14.2 Itemize the drug items that meet the needs of most families.

14.3 Evaluate the contents of a quality first aid kit.