

**SINCLAIR COMMUNITY COLLEGE  
LIFE AND HEALTH SCIENCES DIVISION**

**SYLLABUS**

**COURSE NO.:** ALH 1130  
**CREDIT HOURS:** 1

**COURSE NAME:** Basic Life Support Training  
**CLASSROOM HOURS:** 1

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**COURSE DIRECTOR:** Jennifer Spegal, MT, M.Ed., CMA (AAMA)  
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**Contact for all BLS course/card inquires!**

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**PREREQUISITES**

None

**REQUIRED TEXTS**

BLS for Healthcare Providers. American Heart Association, 2010. ISBN: 978-1-61669-039-7

Heartsaver: First Aid. American Heart Association, 2010. ISBN: 978-1-61669-018-2

**COURSE DESCRIPTION**

The American Heart Association (AHA) BLS course provides healthcare providers with training in basic first aid procedures, including the first aid skills recommended by OSHA and Basic Life Support for Healthcare Providers. Students who complete the course qualify for the AHA Basic Life Support for Healthcare Providers and AHA Heartsaver First Aid course completion cards.

**COURSE OUTCOMES**

The course outcomes of this course are to enable the student to:

- 1) Demonstrate basic first aid skills needed to control bleeding and immobilize injuries.
- 2) Demonstrate the skill needed to assess the ill or injured person.
- 3) Demonstrate skills to assess and manage foreign body airway obstruction in infants, children and adults.
- 4) Demonstrate skills to provide one- and two- person cardiopulmonary resuscitation to infants, children and adults.
- 5) Recall rationale and technique for automated external defibrillation.
- 6) Complete American Heart Association's BLS written final examination as required for healthcare professionals.
- 7) Demonstrate proper use of pocket mask, bag-valve mask and ventilation to an artificial airway during resuscitation attempts.

## **LEARNING OBJECTIVES**

The learning outcomes of this course are to enable the student to:

### ***Cognitive Objectives:***

- First Aid:**
1. Know the basics of first aid, including:
    - a. Rescuer duties
    - b. Victim and rescuer safety
    - c. Phoning for help
    - d. Finding the problem
    - e. After the emergency
  2. List the first aid steps for medical emergencies, including:
    - a. Breathing problems
    - b. Choking
    - c. Allergic reactions
    - d. Heart attack
    - e. Fainting
    - f. Diabetes and low blood sugar
    - g. Stroke
    - h. Seizures
    - i. Shock
  3. List the first aid steps for injury emergencies, including:
    - a. Bleeding you can see
    - b. Wounds
    - c. Head, neck, and spine injuries
    - d. Broken bones and sprains
    - e. Burns and electrical injuries
  4. List the first aid steps for environmental emergencies, including:
    - a. Bites and stings
    - b. Temperature-related emergencies
    - c. Poison emergencies

- CPR/AED:**
1. Explain how to give CPR to an adult, child, and infant.
  2. Explain how to use an AED.
  3. Explain how to use a mask.
  4. Explain how to use a bag-mask.
  5. Explain how to do rescue breathing for adult, child and infant.
  6. Explain how to help a choking adult, child, and infant.
  7. List signs of choking.

### ***Psychomotor Objectives:***

- First Aid:**
1. Demonstrate the correct way to remove protective gloves.
  2. Demonstrate how to use an epinephrine pen for a severe allergic reaction.
  3. Demonstrate how to stop bleeding.
  4. Demonstrate how to apply a bandage over a dressing.
  5. Demonstrate how to splint.

- CPR/AED:**
1. Initiate the Chain of Survival.
  2. Perform prompt, high-quality CPR with C-A-B sequence.
  3. Initiate early use of an AED (adult/child/infant)
  4. Provide appropriate breaths
  5. Practice the minor basic life support (BLS) differences for children and infants.
  6. Practice team CPR (adult/infant)

## ATTENDANCE

Attendance and punctuality is required for all sessions. "On-time" means to be in seat at start of class. Student is regarded as late if enter classroom 1 minute past start time. Clock in classroom will be used to determine timeframe. Instructors reserve the right to deny students access to the class if they are more than 10 minutes late, or miss an entire class.

Cell phones must be turned off or on silent mode during class.

## EVALUATION

### *Section 1:*

First Aid and Safety Exam	100 points	(Minimum Passing: 80 points)
First Aid and Safety Skills Assessment	P or F	

### *Section 2:*

BLS Written Exam	100 points	(Minimum Passing: 84 points)
BLS Skills Assessment	P or F	

Students are permitted to repeat each of the above exams no more than one (1) time during the exam portion of the class.

Students are permitted to repeat each of the above skills assessment no more than two (2) times during the assessment portion of the class. Course grade will be based on the following:

- A = Present and on-time to all class sessions, passing score on both exams on the first attempt and no skills repeats.
- B = Minimally late (1x, < 10 minutes) to class sessions and/or passing exams (**one or both**) second attempt and/or minimal (1x) skills repeats
- C = Late (2x, < 10 minutes) to class sessions and/or passing exams (**one or both**) on second attempt and/or multiple (2x) skills repeats
- F = Non-attendance (**one or both sections**) and/or not passing **one or both** exams on the second attempt

## AHA FIRST AID AND SAFETY PROVIDER CARD

To receive a First Aid and Safety Provider Card, the student must:

1. Be present at all class sessions.
2. Minimum passing of 84 points on the Written Exam
3. Pass the First Aid and Safety Skills Assessment

## AHA BLS FOR HEALTH CARE PROVIDER CARD

To receive a BLS for Health Care Provider Card, the student must:

1. Be present at all class sessions.
2. Minimum passing of 84 points on the Written Exam
3. Pass the BLS Skills Assessment

**NOTE:** Please be aware that it may take at least two weeks in order to process the cards. If you have not received your cards within two weeks, please contact Jennifer Spegal at 937.512.2919 or [Jennifer.spegal@sinclair.edu](mailto:Jennifer.spegal@sinclair.edu).

## **INSTITUTIONAL POLICIES AND PROCEDURES**

### **Sinclair Academic Policies**

Go to the website below to view policies such as dropping a course, withdrawing from college, late registrations, change of schedule, administrative withdrawal, grades, student behavior guidelines, safety and security, academic and other counseling. Understanding these policies is the responsibility of every student.

<http://www.sinclair.edu/stservices/edu/policies/index.cfm>

## **SINCLAIR SEMESTER DATES**

Go to the website below to view important semester dates such as registration deadlines, payment deadlines, start and end dates for the quarter as well as the last day to withdraw with a refund and the last day that withdrawal is allowed.

<http://www.sinclair.edu/services/registration/dates/>



Section/Session	Topic	Reading
<p><b>Section 2: Session #1</b></p>	<p><i>Part 1: General Concepts</i></p> <ol style="list-style-type: none"> <li>1. Introduction</li> <li>2. The Chain of Survival</li> <li>3. 2010 AHA Guidelines for CPR and ECC Science Update</li> </ol> <p><i>Part 2: BLS/CPR for Adults</i></p> <ol style="list-style-type: none"> <li>1. BLS/CPR Basics for Adults</li> <li>2. 2-Rescuer Adult BLS/Team CPR Sequence</li> </ol> <p><i>Part 3: Automated External Defibrillator for Adults and Children 8 years of Age and Older</i></p> <ol style="list-style-type: none"> <li>1. AED for Adults and Children 8 years of age and older</li> <li>2. 2-Rescuer BLS Sequence with an AED</li> </ol> <p><i>Part 4: BLS/CPR for Children from 1 Year of Age to Puberty</i></p> <p><i>Part 5: BLS/CPR for Infants</i></p> <ol style="list-style-type: none"> <li>1. BLS/CPR Basics for Infants</li> <li>2. 1-Rescuer Infant CPR</li> <li>3. 2-Rescuer Infant CPR</li> </ol>	<p><u>BLS for Healthcare Providers</u> pages 1-5</p> <p><u>BLS for Healthcare Providers</u> pages 7-17</p> <p><u>BLS for Healthcare Providers</u> pages 19-28</p> <p><u>BLS for Healthcare Providers</u> pages 29-31</p> <p><u>BLS for Healthcare Providers</u> pages 33-40</p>
<p><b>Section 2: Session #2</b></p>	<p><i>Part 6: AED for Infants and for Children from 1 to 8 Years of Age</i></p> <p><i>Part 7.: CPR with an Advance Airway</i></p> <p><i>Part 8: Mouth-to-Mouth Breaths</i></p> <p><i>Part 9: Rescue Breathing</i></p> <p><i>Part 10: Relief of Chocking</i></p> <ol style="list-style-type: none"> <li>1. Relief of Choking in Victims 1 Year of Age or Older</li> <li>2. Relief of Choking in Infants</li> </ol> <p><b>BLS Written Exam</b></p> <p><b>BLS Skills Assessment</b></p>	<p><u>BLS for Healthcare Providers</u> page 41</p> <p><u>BLS for Healthcare Providers</u> page 43</p> <p><u>BLS for Healthcare Providers</u> pages 45-46</p> <p><u>BLS for Healthcare Providers</u> page 49</p> <p><u>BLS for Healthcare Providers</u> pages 51-55</p>