

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

SYLLABUS

COURSE NO.: ALH 1132
CREDIT HOURS: 1

COURSE NAME: Heartsaver First Aid w/ CPR & AED
CLASSROOM HOURS: 1

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

PREREQUISITES

None

REQUIRED TEXTS

Heartsaver: First Aid CPR AED. American Heart Association, 2011. ISBN: 978-1-61669-017-5

COURSE DESCRIPTION

The American Heart Association (AHA) Heartsaver First Aid with CPR and AED course provides first responders with training in basic first aid procedures, including the first aid skills recommended by OSHA, CPR and AED. Students who complete the course qualify for the AHA Heartsaver First Aid with CPR and AED course completion card.

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) Demonstrate proper use of pocket mask 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 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:

HS Written Exam	100 points	(Minimum Passing: 84 points)
HS 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) and/or absent (1x) for class sessions and/or passing exams (**one or both**) second attempt and/or minimal (1x) skills repeats
- C = Late (2x, < 10 minutes) and/or absent (2x) for class sessions and/or passing exams (**one or both**) on second attempt and/or multiple (2x) skills repeats
- F = Non-attendance (3x or more) (**one or both sections**) and/or not passing **one or both** exams on the second attempt

AHA HEARTSAVER FIRST AID CPR AED PROVIDER CARD

To receive a AHA Heartsaver First Aid CPR AED Provider Card, the student must:

1. Be present at all class sessions.
2. Minimum passing of 84 points on the Written Exams
3. Pass the all 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.

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/>

**SINCLAIR COMMUNITY COLLEGE
ALLIED HEALTH INSTRUCTION DEPARTMENT**

**ALH 1132 – Heartsaver First Aid CPR AED
COURSE OUTLINE
Fall 2013**

Session	Topic	Reading
Week #1	<p><i>Part 1: First Aid Basics</i></p> <ol style="list-style-type: none"> 1. Rescuer Duties 2. Victim and Rescuer Safety 3. Phoning for Help 4. Finding the Problem 5. After the emergency <p>Skills Practice: Removing Gloves; Finding a Problem</p>	<p><u>Heartsaver: First Aid CPR AED</u> pages 1-17</p>
Week #2	<p><i>Part 2: Medical Emergencies</i></p> <ol style="list-style-type: none"> 1. Breathing Problems 2. Choking in an Adult 3. Allergic Reactions 4. Heart Attack 5. Fainting 6. Diabetes and Low Blood Sugar 7. Stroke 8. Shock <p>Skills Practice: Using an Epinephrine Pen</p>	<p><u>Heartsaver: First Aid CPR AED</u> pages 19-35</p>
Week #3	<p><i>Part 3: Injury Emergencies</i></p> <ol style="list-style-type: none"> 1. Bleeding You Can See 2. Wounds 3. Bleeding You Can't See 4. Head, Neck, and Spine Injuries 5. Broken Bones and Sprains 6. Burns and Electrical Injuries <p>Skills Practice: Stop Bleeding and Bandaging</p>	<p><u>Heartsaver: First Aid CPR AED</u> pages 37-55</p>
Week #4	<p><i>Part 4: Environmental Emergencies</i></p> <ol style="list-style-type: none"> 1. Bites and Stings 2. Heat-Related Emergencies 3. Cold-Related Emergencies 4. Poison Emergencies 	<p><u>Heartsaver: First Aid CPR AED</u> pages 57-71</p>
Week #5	<p>First Aid and Safety Written Exam</p> <p>Final First Aid and Safety Skills Assessment: Removing Gloves; Finding a Problem; Using an Epinephrine Pen; Stop Bleeding and Bandaging</p>	
Week #6	<p><i>Part 5: CPR and AED</i></p> <ol style="list-style-type: none"> 1. CPR and AED for Adults 2. CPR and AED for Children 	<p><u>Heartsaver: First Aid CPR AED</u> pages 73-112</p>

Session	Topic	Reading
Week #7	<i>Part 5: CPR and AED</i> 3. How to Help a Choking Child 4. CPR for Infants 5. How to Help a Choking Infant	
Week #8	HS CPR AED Skills Assessment	