

**GRAYS HARBOR COLLEGE
SYLLABUS
PE 177
FIRST AID/CPR
REVISION
PAM AHO**

I. COURSE DESCRIPTION

A First Aid/CPR and blood borne pathogen course designed to meet Department of Labor and Industry, OSHA, and WISHAQ requirements. Intended for all students with a desire to have or who are required to have first aid and CPR training. Two lecture hours per week.

II. GOALS

The goal of this class is to have students complete the requirements for ARC certification for First Aid, Infant, Child and Adult CPR, and Adult and Child AED. Students will develop an awareness of and be able to identify risks for common workplace injuries, and formulate strategies for their prevention. Additionally students will be able to assess emergencies and demonstrate the correct emergency response.

III. OUTCOMES

The student will demonstrate the knowledge and skill necessary to assess and provide first aid care for:

- A. Circulatory injuries
- B. Shock
- C. Head injuries
- D. Eye, throat, nose injury
- E. Insect and animal bites and/or stings
- F. Abdominal injures
- G. Respiratory injuries
- H. Stroke
- I. Heart Attack
- J. Diabetic emergency
- K. Burns
- L. Poisoning
- M. Frostbite
- N. Hypothermia
- O. Heat emergencies
- P. Bone injury
- Q. Muscle, tendon, ligament injury

The student will demonstrate “Disciplinary Learning” through the verbal, written, and demonstration of Workplace Safety, First Aid, and CPR practices. 4

The student will demonstrate “Literacy” through the understanding of lecture, text, classroom discussion, and video information. 4

The student will demonstrate “Critical Thinking” through team problem solving and scenario participation. 4

The student will demonstrate “Social and Personal Responsibility” by working cooperatively with partner(s) and by sharing with and appreciating perspectives of classmates. 4

The student will demonstrate "Information Use" by using a computer program to test skills and by surveying on and off campus resources for First Aid/CPR/Safety equipment. 1

IV. TEXT

As assigned in course handout.

V. OTHER INSTRUCTIONAL MATERIALS

- A. ARC Workplace Module Booklets-Ergonomics, Slips, Trips, and Falls, Back Health, Stress, Violence in the Workplace, Heart Matters
- B. ARC First Aid skill cards
- C. ARC CPR skill cards
- D. ARC Community First Aid video
- E. ARC Standard First Aid Video
- F. Resuscitation manikins
- G. CPR masks and bags
- H. Latex and vinyl gloves
- I. Slings
- J. Splints
- K. Bandages
- L. Blankets
- M. AED trainers
- N. Dry erase board
- O. Overhead transparencies
- P. Computer and AED challenge game

VI. INSTRUCTION TECHNIQUE

- A. Lecture
- B. Video
- C. Demonstration
- D. Group and partner practice
- E. Scenarios
- F. Role-playing
- G. Visual aids (dry erase, overhead)
- H. Computer game learning

VII. ORGANIZATION OF COURSE CONTENT

- A. First Aid introduction
- B. Protection
- C. Emergencies
- D. Check
- E. Call
- F. Care
- G. Prioritizing
- H. Conscious victims
- I. Shock
- J. Choking
- K. Unconscious victims
- L. Rescue breathing
- M. Heart Attacks
- N. Cardiac chain of survival
- O. CPR
- P. Unconscious choking
- Q. AED
- R. Sudden illness

- S. Wounds
- T. Burns
- U. Muscles
- V. Joints
- W. Bones
- X. Heat
- Y. Cold
- Z. Special circumstances
- AA. Ergonomics
- BB. Slips, trips and falls
- CC. Back health
- DD. Violence in the workplace
- EE. Stress
- FF. Heart matters

VIII. METHOD OF EVALUATION

- A. Weekly quizzes
- B. ARC Certification tests
- C. Skill check-offs
- D. Comprehensive written final
- E. Comprehensive practical
- F. Attendance