



ELLIS & ASSOCIATES

International Aquatic Safety & Risk Management Consultants

Course Syllabus

Course Name:

Standard First Aid

Course Description:

This is a course for the general community desiring national certification at the level of “Standard (Basic) First Aid .” The course is a comprehensive educational program promoting objective driven and performance based training for those seeking certification for job requirements, or those just interested in learning this lifesaving information. This course is a single, integrated curriculum that includes training in scene and victim assessment, care for injuries, care for medical emergencies, injury prevention and emergency moves. This hands-on course covers medical content defined by the Occupational Safety and Health Administration (OSHA). The medical content is consistent with that defined by the International Liaison Committee on Resuscitation (ILCOR), and promulgated through the publication of the “CPR and ECC Guidelines 2015” by the American Heart Association. Students receive the most current content through a variety of educational methods, and must practice the required lifesaving skills through simulations, drills and exercises to earn certification cards.

Prerequisites:

There are no prerequisites for this course.

Outcomes:

Recognize the significance of injuries and medical emergencies.

Define first aid.

Describe basic life support.

Identify legal considerations when providing emergency care.

Provide examples of conditions when emergency medical services (EMS) should be called.

Identify questions a dispatcher is likely to ask when you call 9-1-1.

Describe steps you can take to prevent disease transmission during first aid.

Identify dangers at the scene of an emergency.

Describe the purpose of the primary check when assessing a victim.

Describe the purpose of the secondary check when assessing a victim.

Recognize soft tissue injuries that commonly occur in home, workplace, and recreation settings.

Describe examples of open and closed wounds.

Describe how to care for a wound that involves an impaled object or amputation.

Recognize external and internal bleeding.

Describe how to provide care for internal bleeding.

Explain how to recognize and care for an infected wound.

Demonstrate how to provide care for a victim who has external bleeding.

Identify the three types of burns and provide examples of each.

Determine the depth and extent of a burn.

Recognize when to seek medical care for burns.

Describe how to care for heat, chemical, and electrical burns.

Describe how to recognize head, spinal, pelvic and hip injuries.

Identify signs of concussion.

Describe how to care for head injuries including injuries to the skull, eyes, nose, cheeks, and mouth.

Describe how to care for spinal injuries.

Describe how to care for pelvic and hip injuries.

Recognize the signs and symptoms of chest and abdomen injuries.

Identify when to seek medical care for chest and abdomen injuries.

Describe how to care for open and closed injuries to the chest and abdomen.

Recognize the signs and symptoms of muscle, bone, and joint injuries.

Describe how to care for muscle injuries, joint injuries, and open and closed fractures.

Describe types of shock.

Recognize the signs and symptoms of shock.

Describe how to care for a victim in shock.

Identify signs and symptoms of allergic reaction and anaphylactic shock.

Describe how to care for allergic reaction and anaphylactic shock.

Recognize the signs of symptoms associated with medical emergencies including breathing problems, chest discomfort, diabetic conditions, fainting, pregnancy complications, seizure, and stroke.

Describe how to care for medical emergencies that include breathing problems, chest discomfort, diabetic conditions, fainting, pregnancy complications, seizure, and stroke.

Describe the 4 methods by which someone can be poisoned.

What information is helpful to provide to Poison Centers?

Recognize signs and symptoms of different poisoning emergencies.

Describe how to provide care for specific poisons resulting from alcohol or other drug misuse, chemicals, insect bites and stings, human and animal bites, snakebite, scorpion sting, marine animal bites and stings, poisonous plants.

Discuss the purpose of Material Safety Data Sheets (MSDS) relative to poisoning prevention and care.

Recognize the signs and symptoms of heat cramps, heat exhaustion, and heat stroke.

Describe how to care for heat cramps, heat exhaustion, and heat stroke.

Recognize the signs and symptoms of hypothermia and frostbite.

Describe how to care for hypothermia and frostbite. Describe how to safely rescue a victim from dangerous environments involving confined space, hazardous materials, electricity, smoke, fire, water, and ice.

Describe how to prioritize care when there are more victims than rescuers.

Describe how to safely move victims in emergency situations.

Evaluation:

Students must attend the entire 2 hour course, completing all required course skills satisfactorily. Skills are practiced and remediated using detailed skill performance sheets required to be mastered for certification. Team management simulations are also utilized. A final written group cognitive assessment is provided that tests the lesson objectives, is consistent with the OSHA/ILCOR content, and similar in structure, detail, and format of other national training organizations (e.g. American Heart Association).

Note: Student records are updated within fifteen (15) days after the last scheduled class for the course.

Students may access an updated training record when receiving an invitation to take a course evaluation survey by logging into the Ellis Education Services Portal. Immediately after a course is over, participants will receive an email from Ellis Education inviting them to complete a course evaluation survey. When the course evaluation survey is completed participants will be able to:

1. See their completed course grade on their personalized profile/ training record
2. Access and download a copy of their credential (certificate/license).
3. Access and download an updated transcript showing their training record, grades, and any eligible Continuing Education Units (CEUs) for the course.

Time Standard:

2

CEU Record & Units:

0.2

Jeff Ellis & Associates, Inc.
Business Office: P.O. Box 2160, Windermere, FL 34786-2160
Phone: 800-742-8720 Fax: 800-903-0097 Email: education@jellis.com
