I. INTRODUCTION:

A. This course is concerned with the principles and practices of first aid to the sick and injured for the non-medically trained individual. Emphasis is given to preventative aspects as well as care following injury of illness. An understanding and comprehension of the material presented in the course are important because first aid may mean the difference between life and death.

B. This course meets curriculum requirements for the Central Texas College programs for an Associate Degree and the transferability of courses to other institutions.

II. OVERALL OR GENERAL OBJECTIVES OF THE COURSE:

Upon successful completion of this course, First Aid and Safety, the student will:

A. Be able to explain the primary purpose of first aid in accident prevention.

B. Know the principles underlying the practice of first aid.

C. Perform skills necessary to give proper care to the sick and injured.

D. Perform skills necessary to give proper aid to choking victims.

E. Perform skills necessary to give CPR to unconscious victims.

III. INSTRUCTIONAL MATERIAL:

A. Text: The instructional materials identified for this course are viewable through www.ctcd.edu/books

B. Equipment used in first aid practices

C. Outside reading material assigned or at the initiative of the student.

D. American Heart Association films
IV. REQUIREMENTS FOR THE CLASS ARE AS FOLLOWS:

a. Read all assigned material and bring textbook to class
b. Attend class and be on time
c. Maintain organized class notes
d. Use initiative in doing extra work and individual practice
e. Participate in class discussions and activities
f. Take all exams and quizzes
g. Participate in skills tests and group activities

GRADE COMPUTATION

(4) Quizzes = 20%
Mid-Term (First Aid) = 25%
Final Exam (CPR) = 25%
Primary/Secondary Skills Tests = 10%
Project = 20%

ABSENCES AND TARDIES:

- Absences numbers one (1) and two (2) - No penalty.
- Absence number three (3) - 5 points will be deducted from your final grade (based on 100 point scale).
- Absence number four (4) - 10 points will be deducted from your final grade (based on 100 point scale).
- Should you exceed four (4) absences, you will be withdrawn from the class. (See “CTC Absentee Policy” in college catalogue)
- Two (2) points will be deducted from your final grade for each tardy.
- There will be no make-up classes.

Students will be required to provide a documented excuse when missing either written exams or skills tests. It will be his/her responsibility to arrange with the instructor the missed exam. Students who fail to make such arrangements immediately upon their return to class will not be allowed to take the test.

- NO CELL PHONES- using or hearing a phone vibrate/ring results in absence!
V. NOTES

Disability Support Services provides services to students who have appropriate documentation of a disability. Students requiring accommodations for class are responsible for contacting the Office of Disability Support Services (DSS) located on the central campus. This service is available to all students, regardless of location. Explore the website at www.ctcd.edu/disability-support for further information. Reasonable accommodations will be given in accordance with the federal and state laws through the DSS office.

VI. COURSE OUTLINE

A. Unit One: Orientation and Introduction to First Aid

1. Unit Objectives: Upon successful completion of this unit the student will:
   a. explain the primary purpose of first aid in accident prevention
   b. know the principles underlying the practice of first aid
   c. demonstrate citizen responder first aid techniques
   d. perform skills necessary to give proper care to injured victims

2. Learning Activities:
   a. classroom lectures, discussions and demonstrations
   b. demonstration and practice of first aid skills for injured victims
   c. reading assignments and handouts
   d. classroom presentations

3. Equipment and Materials:
   a. splints, bandages, and various first aid equipment
   b. blankets, pillows and various injury treatment materials

B. Unit Two: Orientation and Introduction to CPR

1. Unit Objectives: Upon successful completion of this unit the student will:
   a. explain the primary purpose of CPR
   b. know the principles underlying the practice of CPR
   c. demonstrate citizen responder CPR techniques
   d. perform skills necessary to give proper care to choking victims
   e. perform skills necessary to give proper CPR to unconscious victims

2. Learning Activities:
   a. classroom lectures, discussions and demonstrations
   b. demonstration and practice of Heimlich skills for choking victims
c. demonstration and practice of CPR skills for unconscious victims
d. reading assignments and handouts

3. Equipment and Materials:
   a. CPR mannequins, including infant and adult
   b. breathing masks, alcohol, wipes, and various cleaning materials