

AMERICAN RED CROSS FIRST RESPONDER COURSE

INSTRUCTOR

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TEXTBOOK

http://www.southsevierhigh.org/uploads/1/9/8/5/19853153/participant_manual.pdf

COURSE WEBSITE

<http://www.southsevierhigh.org/emr.html>

GRADING POLICY

| | Sem 1 |
|--------------------------------------|-------|
| Final Written Exam CPR/AED | 20% |
| Final Written Exam EMR | 20% |
| Final Practical Exam | 20% |
| Quizzes | 20% |
| Practical Skills and Workbook Skills | 20% |

COURSE DESCRIPTION

Please review the fact sheet and health and safety considerations sheet found on the schools website listed above.

The purpose of the American Red Cross Emergency Medical Response course is to provide the participant with the knowledge and skills necessary to work as an *emergency medical responder* (EMR) to help sustain life, reduce pain and minimize the consequences of injury or sudden illness until more advanced medical help takes over.

The course content and activities will prepare participants to make appropriate decisions about the care to provide in a medical emergency. The course teaches the skills an EMR needs to act as a crucial link in the *emergency medical services* (EMS) system. This is a Career and Technical Education (CTE) course.

This course requires a minimum of 51 hours of training and coursework, with up to 6 hours of additional training. It is important for you to know that students must complete the entire course, including all hours. This means that if a student misses class, then they must make up the hours they miss. Missing some of the practical activities may be very difficult or impossible to set up after the fact. Please consider your schedule carefully. If you cannot commit to attending every class, then this course may not be for you.

Many of the course participants will be in, or preparing for, a job or role that requires an EMR certification. They will include traditional EMS and public safety personnel, such as law enforcement and fire rescue personnel, but also business/industry/industrial response team members, athletic trainers and others with a duty to respond. They may be taking the course to fulfill employment requirements, to complete requirements for a major area of study or certification, or for personal satisfaction.

Participants who successfully complete this course will receive certifications in CPR/First Aid and Emergency Medical Responder.

GOALS AND COMPLETION

To successfully complete the course, the participant must—

- a.) Attend all class sessions.
- b.) Participate in all course activities.
- c.) Demonstrate competency in all required skills and scenarios.
- d.) Demonstrate competency in the final skills scenarios.
- e.) Pass both the Emergency Medical Response and CPR/AED for Professional Rescuers and Health Care Providers final written exams with minimum grades of 80 percent.

Please review the fact sheet and health and safety considerations sheet found on the schools website listed above.

STUDENT CONDUCT/STANDARDS

1. Horseplay, sleeping in class, disruptive behavior, doodling, playing with electronic equipment, foul language, "chatter" between students while the instructor is speaking or teaching or misconduct of any nature will not be tolerated. All school and listed classroom rules must be followed at all times. The school's "3 strikes" policy will be enforced.
2. All students while in attendance to all class room and class related functions are expected to be in good hygiene and free from all offensive odors. Please review the health and safety sheet on the schools' website.
3. High standards have been deliberately set for this training program. While realizing the effort and sacrifice the students will be making to attend the course, the following standards will be implemented fairly but firmly:
 - a. The student must achieve a written test score of 80% on both the CPR/First Aid and EMR Exams, and practical skills test score of 80% by the end of the course for successful course completion.
 - b. There are a total of 32 quizzes that will be given at the end of each unit. Quizzes may only be taken once.
 - c. Practical skills practiced are **REQUIRED**. If you do not actively and effectively participate during skills practice you will be scored accordingly. Students who do NOT complete all practical skills cannot take the practical skills test.
 - d. A student not meeting all the previous requirements including the fees payments, attendance, written test, practical skills participation and final practical skills/mock test requirements, will not be qualified to take the certification test.
 - e. This is a "learn by doing" course. With good study habits, a sincere effort and participation you should encounter little or no problem successfully completing this course. Laziness will not be tolerated. You are expected to complete all assigned activities on time.
4. Effort will be made by the Instructor to give you individualized instruction in the event you have a problem with a particular area of the course. It is your responsibility to inform your instructor if you are having a problem.
5. This First Responder program is designed so that each student **MUST ATTEND EACH AND EVERY CLASS SESSION** for a total of 51 contact hours, plus an additional 4-6 hours to complete practical skills.
6. No individual "make up" classes will be scheduled for an individual student that was absent. Makeup sessions will be conducted each week at a given place and time. These will be done at the instructor's discretion. In the event a student is absent for a "Mandatory" class it will be considered that they have not completed the requirements of this training program and will not be qualified to take the certification test unless the student can (1) attend a makeup session, or (2) attend the exact class missed at another prior approved course site and can provide proof of their attendance prior to the end of the course or earlier as required by the Lead Instructor. Emergency absences will be considered on an individual basis, but proof of reason for the absence may be required at the instructor's discretion and as per district requirements.
7. Students may NOT take this course on an "audit" basis. This means that all enrolled students are expected to complete the entire course, including taking the practical and written tests. Students who do not complete all requirements will be given an incomplete grade "I".

EQUIPMENT AND FEES

Students must pay a lab fee of \$10 prior to the completion of the course. Students will also be assessed an additional \$10 fee for a CPR Mask and a Stethoscope/Blood pressure cuff. Students may defer this cost if they bring their own equipment. Gloves, manikins, and an electronic textbook will be available at no extra cost.

CERTIFICATION

American Red Cross Emergency Response (valid for 2 years), CPR/AED for the Professional Rescuer (valid for 1 year), Oxygen Administration (valid for 1 year), Blood Borne Pathogens (valid for 1 year).

COURSE LAYOUT

| Lesson | Title | Textbook Chapter | Workbook Chapter | Skill | Time |
|-------------------------------------------------------|-------------------------------------------------------|------------------|------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------|
| UNIT 1: PREPARTORY | | | | | |
| 1 | The Emergency Medical Responder | 1 | 1 | | 60 minutes |
| 2 | Bloodborne Pathogens: Preventing Disease Transmission | 2 | 2 | ■ Removing Disposable Gloves | 120 minutes |
| 3 | The Well-Being of the Emergency Medical Responder | 2 | 2 | | 30 minutes |
| Enrichment: Health of the Emergency Medical Responder | | | | | 5 minutes |
| 4 | Medical, Legal and Ethical Issues | 3 | 3 | | 75 minutes |
| 5 | The Human Body | 4 | 4 | | 60 minutes |
| 6 | Lifting and Moving Patients | 5 | 5 | <p>Note: Participants only required to demonstrate one emergency and one non-emergency move.</p> <ul style="list-style-type: none"> ■ Clothes Drag ■ Blanket Drag ■ Shoulder Drag ■ Ankle Drag ■ Firefighter's Drag ■ Firefighter's Carry ■ Pack-Strap Carry ■ Walking Assist ■ Two-Person Seat Carry ■ Direct Ground Lift ■ Extremity Lift | 60 minutes |
| 7 | Putting It All Together | 1–5 | 1–5 | | 60 minutes |

| Lesson | Title | Textbook Chapter | Workbook Chapter | Skill | Time |
|-----------------------------------------------|-----------------------------------------|------------------|------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------|
| UNIT 2: ASSESSMENT | | | | | |
| 8 | Scene Size-Up | 6 | 6 | | 60 minutes |
| Enrichment: Dealing with Hazards at the Scene | | | | | 10 minutes |
| 9 | Primary Assessment | 7 | 7 | <ul style="list-style-type: none"> ■ Jaw-Thrust (Without Head Extension) Maneuver ■ Using a Resuscitation Mask—Adult, Child and Infant ■ Using a Resuscitation Mask—Head, Neck and Spinal Injury Suspected (Jaw-Thrust [Without Head Extension] Maneuver)—Adult and Child ■ Primary Assessment | 110 minutes |
| Enrichment: Glasgow Coma Scale | | | | | 10 minutes |
| 10 | History Taking and Secondary Assessment | 8 | 8 | <ul style="list-style-type: none"> ■ How to Obtain a SAMPLE History ■ How to Perform a Secondary Assessment for a Responsive Medical Patient ■ How to Perform a Secondary Assessment for an Unresponsive Medical Patient ■ Physical Exam and Patient History ■ How to Obtain Baseline Vital Signs ■ Taking and Recording a Patient's Blood Pressure (by Auscultation) ■ Taking and Recording a Patient's Blood Pressure (by Palpation) | 120 minutes |
| Enrichment: Pulse Oximetry | | | | | 10 minutes |

| Lesson | Title | Textbook Chapter | Workbook Chapter | Skill | Time |
|---------------------------------------------------|---------------------------------|------------------|------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------|
| 11 | Communication and Documentation | 9 | 9 | | 60 minutes |
| 12 | Skills Review* | 6–9 | 6–9 | | 60 minutes |
| 13 | Putting It All Together | 1–9 | 1–9 | | 60 minutes |
| UNIT 3: AIRWAY | | | | | |
| 14 | Airway and Ventilation | 10 | 10 | <ul style="list-style-type: none"> ■ Giving Ventilations—Adult and Child ■ Giving Ventilations—Infant ■ Giving Ventilations—Head, Neck or Spinal Injury Suspected (Jaw-Thrust [Without Head Extension] Maneuver)—Adult and Child ■ Giving Ventilations Using a Bag-Valve-Mask Resuscitator—Two Rescuers | 130 minutes |
| Enrichment: Assessing Breath Sounds | | | | | 5 minutes |
| Enrichment: Sellick's Maneuver (Cricoid Pressure) | | | | ■ Performing the Sellick's Maneuver (Cricoid Pressure) (<i>Enrichment skill</i>) | 25 minutes |
| Enrichment: Assisting the Patient with Asthma | | | | ■ Assisting with an Asthma Inhaler (<i>Enrichment skill</i>) | 40 minutes |
| 15 | Airway Management | 11 | 11 | <ul style="list-style-type: none"> ■ Using a Mechanical Suctioning Device ■ Using a Manual Suctioning Device ■ Inserting an Oral Airway ■ Conscious Choking—Adult and Child ■ Conscious Choking—Infant | 60 minutes |
| Enrichment: Nasopharyngeal Airway | | | | ■ Inserting a Nasal Airway (<i>Enrichment skill</i>) | 10 minutes |

| Lesson | Title | Textbook Chapter | Workbook Chapter | Skill | Time |
|---------------------------------------------------------|------------------------------------------------|------------------|------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------|
| 16 | Emergency Oxygen | 12 | 12 | ■ Oxygen Delivery | 60 minutes |
| 17 | Skills Review* | 10–12 | 10–12 | | 60 minutes |
| 18 | Putting It All Together | 1–12 | 1–12 | | 60 minutes |
| UNIT 4: CIRCULATION | | | | | |
| 19 | The Circulatory System and Cardiac Emergencies | 13 | 13 | | 60 minutes |
| Enrichment: Preventing Coronary Heart Disease | | | | | 5 minutes |
| 20 | CPR and Automated External Defibrillation | 13 | 13 | <ul style="list-style-type: none"> ■ CPR—Adult and Child ■ CPR—Infant ■ Two-Rescuer CPR—Adult and Child ■ Two-Rescuer CPR—Infant ■ AED—Adult, Child and Infant | 120 minutes |
| 21 | Skills Review* | 13 | 13 | | 60 minutes |
| 22 | Putting It All Together | 1–13 | 1–13 | | 60 minutes |
| UNIT 5: MEDICAL EMERGENCIES | | | | | |
| 23 | Medical Emergencies | 14 | 14 | | 60 minutes |
| Enrichment: Basic Pharmacology | | | | | 15 minutes |
| Enrichment: Blood Glucose Monitoring | | | | | 10 minutes |
| 24 | Poisoning | 15 | 15 | | 30 minutes |
| Enrichment: Administering Activated Charcoal | | | | | 5 minutes |
| Enrichment: Carbon Monoxide and Cyanide Poisoning | | | | | 15 minutes |
| 25 | Substance Misuse and Abuse | 15 | 15 | | 30 minutes |
| 26 | Environmental Emergencies | 16 | 16 | | 90 minutes |
| Enrichment: Assisting with an Epinephrine Auto-Injector | | | | ■ Assisting with an Epinephrine Auto-Injector <i>(Enrichment skill)</i> | 20 minutes |
| Enrichment: Lightning | | | | | 10 minutes |
| Enrichment: Scuba and Free Diving Emergencies | | | | | 10 minutes |

| Lesson | Title | Textbook Chapter | Workbook Chapter | Skill | Time |
|-----------------------------------------------------------|----------------------------------------------|------------------|------------------|--------------------------------------------------------------------------------------------------------------------------------------|------------|
| 27 | Behavioral Emergencies | 17 | 17 | | 60 minutes |
| 28 | Putting It All Together | 1–17 | 1–17 | | 60 minutes |
| UNIT 6: TRAUMA EMERGENCIES | | | | | |
| 29 | Shock | 18 | 18 | | 30 minutes |
| 30 | Bleeding and Trauma | 19 | 19 | ■ Controlling External Bleeding | 60 minutes |
| Enrichment: Mechanisms of Injury—The Kinematics of Trauma | | | | | 15 minutes |
| Enrichment: Tourniquets | | | | ■ Using a Manufactured Tourniquet (<i>Enrichment skill</i>) | 15 minutes |
| 31 | Soft Tissue Injuries | 20 | 20 | | 60 minutes |
| 32 | Injuries to the Chest, Abdomen and Genitalia | 21 | 21 | | 60 minutes |
| 33 | Injuries to Muscles, Bones and Joints | 22 | 22 | ■ Applying a Rigid Splint ■ Applying a Sling and Binder ■ Applying an Anatomic Splint ■ Applying a Soft Splint | 60 minutes |
| Enrichment: Agricultural and Industrial Emergencies | | | | | 15 minutes |
| 34 | Injuries to the Head, Neck and Spine | 23 | 23 | ■ Manual Stabilization ■ Controlling Bleeding from an Open Head Wound ■ Bandaging an Eye with an Injury from an Impaled Object | 90 minutes |
| Enrichment: Removing Helmets and Other Equipment | | | | | 15 minutes |
| Enrichment: Cervical Collars and Backboarding | | | | ■ Immobilizing a Head, Neck or Spinal Injury (<i>Enrichment skill</i>) | 15 minutes |
| 35 | Skills Review* | 18–23 | 18–23 | | 60 minutes |
| 36 | Putting It All Together | 1–23 | 1–23 | | 60 minutes |

| Lesson | Title | Textbook Chapter | Workbook Chapter | Skill | Time |
|------------------------------------|-----------------------------------------------------------------|------------------|------------------|-------|-----------------|
| UNIT 7: SPECIAL POPULATIONS | | | | | |
| 37 | Childbirth | 24 | 24 | | 60 minutes |
| | Enrichment: More Complications During Pregnancy and Delivery | | | | 10 minutes |
| 38 | Pediatrics | 25 | 25 | | 60 minutes |
| 39 | Geriatrics | 26 | 26 | | 30 minutes |
| 40 | Special Needs Patients | 26 | 26 | | 30 minutes |
| 41 | Putting It All Together | 1–26 | 1–26 | | 60 minutes |
| UNIT 8: EMS OPERATIONS | | | | | |
| 42 | EMS Support and Operations | 27 | 27 | | 60 minutes |
| | Enrichment: Operational Safety and Security Measures | | | | 10 minutes |
| 43 | Access and Extrication | 28 | 28 | | 30 minutes |
| 44 | Hazardous Materials Emergencies | 29 | 29 | | 30 minutes |
| 45 | Incident Command and Multiple-Casualty Incidents | 30 | 30 | | 60 minutes |
| 46 | Disasters, Terrorism and Weapons of Mass Destruction | 31 | 31 | | 90 minutes |
| | Enrichment: Preparing for a Public Health Disaster—Pandemic Flu | | | | 5 minutes |
| | Enrichment: Personal Preparedness | | | | 5 minutes |
| 47 | Special Operations | 32 | 32 | | 75 minutes |
| 48 | Putting It All Together | 1–32 | 1–32 | | 60 minutes |
| 49 | Final Practical Evaluation | 1–32 | 1–32 | | 120 minutes |
| 50 | Final Written Exam | 1–32 | 1–32 | | 120 minutes |
| Total Time: | | | | | 51 hours |

**AMERICAN RED CROSS FIRST RESPONDER COURSE
SOUTH SEVIER HIGH SCHOOL**

Memorandum of Understanding

I, _____, acknowledge receipt of the course syllabus and course schedule. I understand I have enrolled in a class that is held to higher grading standards than that of normal courses and will do my best to maintain the higher standard. I have had an opportunity to ask questions regarding my expectations. I further agree to abide by these standards and expectations, which includes the ethical and behavioral standards, attendance policy, and course goals.

I understand the following as being my student responsibilities:

- 1) Follow all directions;
- 2) Having all necessary materials for the course;
- 3) Doing all assignments completely and on time;
- 4) Working honestly and accurately;
- 5) Completing the minimum 51 hours of class time;
- 6) Completing all practical activities during the scheduled times;
- 7) Making an effort to get assistance if it is needed; and
- 8) Reviewing previously done content

I understand that if I fail to meet the requirements set forth in the syllabus and by the American Red Cross, that I jeopardize my opportunity to become a licensed Emergency Medical Responder. I further understand that a passing grade in the class does not necessarily mean that I will become certified. I also understand that I will receive an "I" for the course if I do not complete all requirements.

Student Name: _____ Student Signature: _____

Parent Name: _____ Parent Signature: _____

You may optionally provide the following information and Mr. Brady will keep you informed of your student's progress (all information given will be kept confidential):

Email Address:

Cell Phone Number: _____ Text? Y or N

Date received: _____