

**J. Sargeant Reynolds Community College
Course Content Summary**

Course Prefix and Number: HLT 100

Credits: 3

Course Title: First Aid and Cardiopulmonary Resuscitation

Course Description (including lecture hours, lab hours, total contacts)

Focuses on the principles and techniques of safety, first aid, and cardiopulmonary resuscitation.
Lecture 3 hours per week.

General Course Purpose

Students will be able to respond to emergencies and administer basic care for injured patients

Course Prerequisites/Corequisites (*Entry-level competencies **required** for enrollment*):

none

Course Objectives (Each item should complete the following sentence.)

Upon completing the course, the student will be able to:

- a. state the values and reasons for first aid training.
- b. outline the procedures for a proper victim evaluation.
- c. describe the first aid procedures for the following: shock, conscious and unconscious choking victims, poisoning victims, victims of drug abuse, burn victims, victims of frostbite, cold exposure, heat stroke, heat cramps and heat exhaustion, sprains, strains, dislocations, fractures, and specific injuries of the body.

Major Topics to be Included

- a. Safety Procedures and Prevention of Accidents
- b. Victim Evaluation
- c. Wounds
- d. Specific Injuries
- e. Shock
- f. Cardiopulmonary Resuscitation
- g. Choking
- h. Poisoning
- i. Drugs and Overdose
- j. Burns
- k. Frostbite and Cold Exposure
- l. Heat Stroke, Heat Cramps, Heat Exhaustion
- m. Sudden Illness
- n. Dressings and Bandages
- o. Bone and Joint Injuries
- p. Emergency Rescue and Short-Distance Transfer
- q. Emotional Emergencies

Effective Date of Course Content Summary (Month, Date Year): August 1, 2008