

# 1. 1. CPR / First Aid for Secondary Students (Grades 6-12)\*

## 1.1 Introduction

This course is cardio-pulmonary resuscitation (CPR), first aid, and automated external defibrillator (AED) use combined into one program. It is designed to teach secondary students the proper techniques to safely administer CPR, correct first aid, and utilize an AED in emergency situations involving infants, children, and adults.

## 1.2 Qualifications of Graduates

Upon successful completion of this course graduates may:

1. Recognize and evaluate an emergency and a victim
2. Know how to activate or alert the emergency medical services (EMS)
3. Be able to provide 1-person infant, child, and adult CPR to a non-breathing or injured person and administer the proper first aid.
4. Properly use an automated external defibrillator (AED)

**It is important that the student understand that a requalification course is required every 2 years**

## 1.3 Who May Teach

1. Any active First Response Training International Adult and Child Emergency Care Instructor may teach this course

## 1.4 Student to Instructor Ratio

### Academic

1. Unlimited, so long as adequate facility, supplies and time are provided to ensure comprehensive and complete training of subject matter
2. For CPR components the maximum manikin to student ratio is 5:1.

## 1.5 Student Prerequisites

1. Minimum age 18, 10 with parental consent
2. Be currently enrolled in grades 6-12

## 1.6 Course Structure and Duration

First Response Training International allows instructors to structure courses according to the number of students participating and their skill level

1. The suggested minimum training hours is 2

## 1.7 Administrative Requirements

### Administrative Tasks:

1. Collect the course fees from all the students
2. Ensure that the students have the required equipment
3. Communicate the schedule to the students
4. Have the students complete the:
  - a. *First Response Training International Student Tracking Sheet*

### Upon successful completion of this specialty the instructor must:

1. Issue the appropriate First Response Training International certification by submitting the *First Response Training International Registration Form* to First Response Training International Headquarters or preferably registering the students online through member's area of the First Response Training International website

## 1.8 Training Material

### Required Material:

1. *First Response Training International Adult and Child Emergency Care* eLearning course
2. *First Response Training* Instructor Guide

## 1.9 Required Equipment

### The minimum equipment requirements for students are as follows:

1. Basic first aid training supplies
2. Highly recommended 1 infant and adult manikin
3. Automated external defibrillator (AED) with owner's manual, training unit when available

## 1.10 Required Subject Areas

The following topics must be covered during this course. Instructors may use any additional text or materials that they feel help present these topics.

1. What is first aid
2. Cardio Pulmonary Resuscitation (CPR)
  - a. When to perform CPR
  - b. Compressions and ventilations
  - c. Personal protection equipment
  - d. Performing CPR
    - i. Scene assessment
    - ii. Emergency medical services activation
    - iii. Compressions, airway, breathing (CAB)
    - iv. Compression protocol
    - v. Ventilation protocol
    - vi. Team CPR
3. Define First Aid
  - a. Personal protection equipment (PPE)
  - b. When and how must first aid be administered
  - c. Injury and scene assessment
  - d. Assess for “The Six Basics”
    - i. Breathing (absent) = CPR
    - ii. Bleeding = Pressure
    - iii. Broken = Immobilize
    - iv. Burns = Cool
    - v. Bites = Cover
    - vi. Blows = Watch
4. Choking
  - a. Level of airway obstruction
  - b. Treatment methods
  - c. Special considerations for children
5. Automated external Defibrillator (AED)
  - a. When to use
  - b. How to use
    - i. Infant/child
    - ii. Adult
  - c. AED maintenance and storage
  - d. Rules and regulations regarding AEDs

6. Neurological
  - a. Administering field test
    - i. Keeping notes of results
    - ii. Repeating test
7. Post Trauma Considerations for Lay Rescuers

**Note:** Manufacturer’s manual must be followed for proper use of the AED

## 1.11 Required Skill Performance and Graduation Requirements

**Instructors are required to teach and evaluate all the following skills:**

1. Scene entry and assessment
2. Perform single person CPR on a manikin - infant and adult when manikin is available. If no manikin is available students need to describe in detail the proper way to perform CPR.
  - a. CABs
3. First aid; treat a simulated injury for each of “The Six Basics”
  - a. Breathing (absent) = CPR
  - b. Bleeding = Pressure
  - c. Broken = Immobilized
  - d. Burns = Cool
  - e. Bites = Cover
  - f. Blows = Watch
4. Deploy AED and follow prompts for use

**To complete this course, students must:**

1. Demonstrate an understanding of first aid, CPR and the use of an AED
2. Recognize and evaluate an emergency
3. Know how to activate or alert the emergency medical services (EMS)
4. Be able to provide CPR and use an AED unit
5. Be able to provide first aid for two simulated injuries
6. Administer a field neurological exam and record findings
7. Complete the final exam in the eLearning course and sign the course report

**Note:** The certification is valid for 2 years and must be renewed