

POST- Certified First Aid/CPR/AED Refresher Course

Desert Hot Springs Police Department (1033)

CCN: 21797 Expanded Course Outline

The purpose of this class is to provide first-responder attendees with the skills and knowledge needed to safely and properly administer First Aid/CPR and use an AED in the case of a medical emergency or crisis situation in compliance with California Code of Regulations, Division, Title 22, Chapter 1.5, First Aid and CPR Standards and Training for Public Safety Personnel. This course will be offered at least every two-years in accordance with the listed regulation.

- I. Role of the public safety first aid provider
 - A. Personal safety
- II. Scene size-up
 - A. Body substance isolation, including removing gloves
 - B. Integration with EMS personnel to include active shooter incidents
 - C. Mass Casualty Responsibilities
 - D. Minimum personal equipment and first aid kits
- III. Heart Attack and sudden cardiac arrest to include:
 - a. Sudden cardiac arrest and early defibrillation
 - b. Chain of survival
- IV. CPR and AED for adults, children, and infants, following current AHA Guidelines
 - A. Basic airway management
 - B. Rescue breathing
 - a. Mouth-to-Mouth
 - b. Mouth-to-Mask
 - c. Bag-valve-mask (BVM)
 - C. Chest compressions and CPR/AED
 - a. Basic AED operation
 - b. Using the AED
 - c. Troubleshooting and other considerations
 - D. Single rescuer CPR/AED on adult, child and infant
 - E. Two rescuer CPR/AED on adult, child and infant
 - F. Recovery position
- V. Management of foreign body airway obstruction on adults, children, and infants
 - A. Conscious patients
 - B. Unconscious patients
 - a. Recognition and identification of adult and pediatric patients for both medical and traumatic emergencies
 - C. Performing a primary assessment
 - D. Performing a secondary assessment
 - E. Obtaining a patient history
- VI. Medical emergencies
 - A. Pain, severe pressure or discomfort in chest
 - B. Breathing difficulties, including asthma and COPD
 - C. Allergic reaction and anaphylaxis
 - i. Assisted administration of epinephrine auto-injector

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- D. Altered mental status
 - E. Stroke
 - F. Diabetic emergencies
 - a. Administration of oral glucose
 - G. Seizures
 - H. Alcohol and drug emergencies
 - a. Assisted naloxone administration and accessing EMS
 - I. Severe abdominal pain
 - J. Obstetrical emergencies
- VII. Burns
- A. Identification and treatment
- VIII. Facial injuries
- A. Identification and treatment
- IX. Environmental emergencies
- A. Heat emergencies
 - B. Cold emergencies
- X. Bites and Stings
- i. Insect Bites and stings
 - ii. Animal and human bites
 - iii. Assisted administration of epinephrine auto-injector and accessing EMS
- XI. Poisoning
- A. Ingested poisoning
 - B. Inhaled poisoning
 - C. Exposure to chemical, biological, radiological or nuclear (CBRN) substances
 - a. Recognition of exposure
 - b. Scene safety
 - D. Poison control system
- XII. Patient movement
- A. Emergency movement of patients
 - B. Lifts and carries which may include: using soft litters and manual extraction including fore/aft, side-by-side, shoulder/belt
- XIII. Tactical and rescue first aid principles applied to violent circumstances
- A. Principles of tactical casualty care
 - B. Determining treatment priorities
- XIV. Orientation to EMS system, including
- i. 9-1-1 Access
 - ii. Interaction with EMS personnel
 - iii. Identification of local EMS and trauma systems

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- XV. Trauma emergencies
 - A. Soft tissue injuries and wounds
 - B. Amputations and impaled objects
 - C. Chest and abdominal injuries
 - a. Review of basic treatment for chest wall injuries
 - b. Application of chest seals
 - D. Head, neck or back injury
 - E. Spinal immobilization
 - F. Musculoskeletal trauma and splinting
 - G. Recognition of signs and symptoms of shock
 - a. Basic treatment of shock
 - b. Importance of maintaining normal body temperature
 - H. Internal bleeding
 - I. Control of external bleeding, including direct pressure, tourniquet, hemostatic dressings, chest seals and dressings
- XVI. Training in the use of hemostatic dressing shall result in competency in the application of hemostatic dressing. Included in the training shall be the following topics and skills:
 - a. Review of basic methods of bleeding control to include but not be limited to direct pressure, pressure bandages, tourniquets, and hemostatic dressing and wound packing
 - b. EMSA-approved hemostatic dressings
- XVII. Legal issues
 - A. Authorized skills and liability limitations
- XVIII. Safety protocols
- XIX. Written, oral and/or demonstration assessment (in each topic area)