

# **First Aid Core Competencies and Training**

## VI. AED use for Heart Attack/Sudden Cardiac Arrest

### A. Follow current American Heart Association (AHA) Guidelines

### B. Rescue breathing

1. Mouth-to-mouth
2. Mouth-to-mask
3. Bag Valve Mask (BVM)

### C. AED

1. Basic AED operation
2. Using the AED
3. Troubleshooting and other considerations

### D. Care for Heart Attack

1. Activate EMS
2. Obtain A.E.D. for early defibrillation
3. Position of comfort/assist with nitro as prescribed
4. Treat for shock

### E. Sudden Cardiac Arrest

1. Signs/symptoms
2. Activate EMS
3. Obtain A.E.D. for early defibrillation
4. Begin CPR
5. Support chain of survival

### F. CPR (Cardiopulmonary Resuscitation) Coordinated with AED

1. Adult rescue breathing/CPR
  - a. Rescue breathing, 1 breath each 5 seconds (with CPR mask)

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- b. CPR 30 compression, 2 breaths (one- and two-rescuer)
- c. Depth 2-2.4 inches
- d. Rate 100-120 compressions/minute (heel of two hands)

## 2. Child Rescue Breathing/CPR

- a. Rescue breathing, 1 breath each 3 seconds (with CPR mask)
- b. CPR 30 compressions, 2 breaths (one rescuer)
- c. CPR 15 compressions, 2 breaths (two rescuers)
- d. Depth about 2 inches (heel of one or two hands)
- e. Rate 100-120 compressions/minute

## 3. Infant Rescue Breathing /CPR

- a. Rescue breathing 1 “puff” each 3 seconds (with CPR mask)
- b. CPR 30 compressions 2 “puffs” of air (one rescuer)
- c. Tips of two fingers with below nipple line
- d. Depth about ½ to 1 inch
- e. CPR 15 compressions 2 “puffs” of air (two rescuers)

## G. Recovery Position

## IX. Patient Movement

### A. Emergency Movement

B. Move Only When Necessary (Imminent Danger, Treatment Assessment, etc.)

### C. Spinal Immobilization Techniques

- 1. C-collar is now contraindicated in 2015 guidelines

### D. General Guidelines

- 1. Plan ahead
- 2. Reassure victim

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3. Victim stability

E. Lifts and Carries, Including:

1. Shoulder drag

2. Soft litters

3. Manual extractions

4. Fore/aft carry – AKA trunk-leg carry

5. Side-by-side carries – AKA two-handed seat

6. Shoulder belt

F. Additional considerations discussed in active shooter situations

X. Tactical and Rescue First Aid Principles Applied to Violent Circumstances

A. Principles of Tactical Emergency Casualty Care

B. Determining Treatment Priorities

XI. Trauma Emergencies

A. Amputations

1. Concern for bleeding control (tourniquet)

2. Pack amputated part in clean dressing and keep cool

3. Transport amputated part with victim

B. Chest Injuries – Closed-Chest Injury

1. Assessment

a. May have fractures

b. Flail segment

c. Compromised breathing

2. Treatment

a. Place victim on injured side, or provide support to flail segment

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b. Monitor ABCs

c. Treat for shock

## C. Chest Trauma – Open or Penetrating Chest Injury

### 1. Assessment

a. Open or penetrating chest injuries

b. May be “sucking chest wound”

### 2. Treatment

a. Application of chest seal(s) over puncture/penetration

1) Visualize wound site

2) Clean area

3) Apply seal

4) Check respirations

3. Place on injured side

4. Monitor ABCs

5. Treat for shock

## E. Bleeding Control

1. Direct pressure over injury to soft tissue (use PPE)

2. Pressure dressing and bandage

3. Tourniquet device

a. Including different commercially available or improvised devices

4. Hemostatic dressing (wound packing)

a. Approved dressing

b. Different types of dressings

5. Chest seals and dressing

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F. CPR (See Section VI, above)

1. BLS CPR continues to provide effective rescue breathing and compressions
2. EMSA 2105 added applying Automated External Defibrillator (AED) operation
3. Goal to deliver high-quality CPR

D. Course requirements for successful completion

- 1) Skills demonstrations
- 2) Written examination of cognitive skills

# First Aid Core Competencies and Training

## ADULT CARDIOPULMONARY RESUSCITATION

Student Name	BADGE
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Skill Step	Critical Performance Criteria	PASS	FAIL
1	Verbalizes Scene Safety BSI/PPEs		
2	Checks responsiveness ( <i>unresponsive patient</i> )		
3	Verbalizes activation of EMS		
4	Opens airway, checks breathing/circulation (5-10 seconds) ( <i>Pulse, no breathing</i> )		
5	Opens airway, delivers one rescue breath each 5 seconds, using CPR mask and bag valve device (continues for 2 minutes, re-assesses) ( <i>No pulse, no breathing</i> )		
6	Provides 30 chest compressions bottom ½ of sternum, 100-120/minute 2-2.4 inches deep, uses heel of “stacked” hands, full recoil after each compression, delivers two breaths for each “cycle”		
7	After 5 cycles or after each 2 minutes, re-checks pulse and breathing		

<b><i>Instructor Comments</i></b>

<b><i>Instructor Signature</i></b>
<b><i>Print Instructor Name</i></b>
<b><i>Date</i></b>

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