

Required Minimum Content for POST-certified First Aid/CPR Course #21797

- I. Role of the public safety-first aid provider to include:
 - A. Personal Safety
 1. Recognize the Emergency
 2. Scene size-up
 3. Scene Safety
 - B. Body Substance Isolation, including removing gloves
 1. Universal Precautions
 - a. Protective Barriers
 - b. Wearing gloves and eyewear
 - c. Washing hands immediately after removing gloves
 2. Exposure to Bloodborne Pathogens
 - a. Post exposure steps
 - b. Reporting exposures
 3. Protective gloves
 - a. Latex gloves vs other work gloves
 - b. Demonstrate removing contaminated gloves
 - C. Integration with EMS personnel to include active shooter incidents
 1. Review of SSV-EMS Active Shooter/Mass Violence Incidents (SSV Policy #834)
 - a. EMS Staging Area's
 - b. EMS Cold, Warm, and Hot Zones
 - c. Evacuations, Extractions, and Collection Points
 2. Review of Butte EMS Resources within the City Limits
 3. Review Butte EMS Mass Casualty Response Plan (SSV Policy #837)
 - D. Mass Casualty Response
 1. Review SSV EMS Policy 837 Mass Casualty Incidents
 - a. Unified Command with Fire and EMS
 - b. S.T.A.R.T Triage
 - c. Treatment
 - d. Transportation
 - E. Minimum equipment and first aid kits
 1. Review of Oroville PD Issued Trauma Kits
 - a. Check for damaged products or expired items
 - b. Ensure kits are fully stocked
 2. Minimum Required Equipment per Officer
 - a. 1 medical operator backpack
 - b. 20 assorted band aids
 - c. 10 triple antibiotic ointment packets
 - d. 10 hand sanitizer wipes
 - e. 1 "Swat-T" Tourniquet
 - f. 1 "CAT" tourniquet
 - g. 1 pair of 5.5" medical shears
 - h. 1 roll of 2" medical tape
 - i. 2, 2" rolls of self-adherent wrap
 - j. 50, 4"X4" gauze
 - k. 3, 4"X4.1 yards of rolled gauze
 - l. 2, 4oz bottles of eye wash

- m. 1 hemostatic gauze packet
- n. 1 CPR face mask with valve

II. Heart Attack and sudden cardiac arrest to include:

- A. Sudden cardiac arrest and early defibrillation
 - 1. Signs and Symptoms of a Heart Attack.
 - a. Differences between male and female
 - 2. Difference between a Heart Attack and SCA
 - 2. Treatments of a Heart Attack
 - 3. Benefits of early Defibrillation
 - 4. Available AED in the Oroville Area.
- B. Chain of Survival
 - 1. Activation of 9-1-1 or EMS system
 - 2. Early CPR
 - 3. Early AED Use
 - 4. Early Advanced Care
 - 5. Post-Arrest Care

III. CPR and AED for adults, children, and infants, following current AHA Guidelines

- A. Basic Airway Management
 - 1. Opening the airway
 - 2. Spinal precautions
 - 3. Aspiration
- B. Rescue breathing
 - 1. Mouth-to-Mouth
 - 2. Mouth-to-Mask
 - a. Pocket Mask
 - b. Face Shield
 - 3. Bag-valve-mask (BVM)
 - 4. Mask-to-Stoma
 - 5. Mouth-to-Nose
- C. Chest compressions and CPR/AED
 - 1. Basic AED operation
 - a. Pad Placement
 - b. Semi-Automatic vs. Fully Automatic
 - c. Other Considerations for AED
 - 1. Medication Patches
 - 2. Patient wet or in water
 - 3. Implanted Devices
 - 4. Hairy Chest
 - 5. Inspections
 - 6. Storage
 - d. Troubleshooting AED
 - 1. Checking Pads
 - 2. Low Battery
 - 3. Movement
- D. Single rescuer CPR/AED on adult, child and infant
 - 1. Adult

- a. Compression depth, rate, quality
 - b. Airway
 - c. Rescue Breathing
 - 2. Child
 - a. Compression depth, rate, quality
 - b. Airway
 - c. Rescue Breathing
 - 3. Infant
 - a. Compression depth, rate, quality
 - b. Airway
 - c. Rescue Breathing
- E. Two rescuer CPR/AED on adult, child and infant
 - 1. Adult
 - a. Compression depth, rate, quality
 - b. Airway
 - c. Rescue Breathing
 - 2. Child
 - a. Compression depth, rate, quality
 - b. Airway
 - c. Rescue Breathing
 - 3. Infant
 - a. Compression depth, rate, quality
 - b. Airway
 - c. Rescue Breathing
- F. CPR and AED Demonstration Assessment
 - a. Adult CPR/AED
 - b. Child CPR/AED
 - c. Infant CPR/AED
- G. Recovery position
 - 1. H.A.I.N.S
 - a. Demonstration of positioning patients

IV. Management of foreign body airway obstruction on adults, children, and infants

- A. Adult Choking
 - 1. Manual Removal of Obstruction
 - 2. Conscious and unconscious
 - 3. Demonstration Assessment
- B. Child Choking
 - 1. Manual Removal of Obstruction
 - 2. Conscious and unconscious
 - 3. Demonstration Assessment
- C. Infant Choking
 - 1. Manual Removal of Obstruction
 - 2. Conscious and unconscious
 - 3. Demonstration Assessment
- D. Recognition and identification of adult and pediatric patients for both medical and traumatic emergencies

1. Performing a primary assessment
 - a. Scene Safety
 - b. Determine Level of Responsiveness
 - c. Assess for C-Spine Precautions
 - d. Assess for immediate life threats
 - e. Determine if Medical or Trauma
 - f. Assess Airway, Breathing, and Circulation
 - g. S.A.M.P.L. E History
2. Performing a secondary assessment
Perform Head-To-Toe assessment
3. Manage secondary injuries and assess initial treatments.

V. Written Testing

A. Multiple Choice Test

1. Testing for CPR Adult/Child/Infant and AED
 - a. Completion with 80% Pass Rate

VI. Medical emergencies

- A. Pain, severe pressure or discomfort in chest
 1. Patient assessment.
 2. Identify medial or trauma
 3. High suspicion for a heart attack with chest discomfort
- B. Breathing difficulties, including asthma and COPD
 1. Treatments for difficulty breathing
 2. Airway Complications
 3. Inhalers
 4. Oxygen Therapy
- C. Allergic reaction and anaphylaxis
 1. Assisted Epinephrine Auto-injector
 2. Airway Complications
 3. Common Causes for Allergic Reactions
- D. Altered mental status
 1. Attempt to determine why the patient has an altered mental status.
 2. Determine if medical emergency
 3. Consider Alcohol, Epilepsy, Infection, Overdose, Under Dose, Trauma, Poisoning, or Strokes as a reason for the altered mental status.
- E. Diabetic emergencies
 1. Administration of oral glucose
 2. Diabetic Stroke Vs Diabetic Coma
 3. Signs and Symptoms
 4. Other Foods to consider
- F. Alcohol and drug emergencies
 1. Assisted naloxone administration and accessing EMS
 2. Airway precautions
- G. Strokes
 1. Assessment
 2. Signs and Symptoms
- H. Seizures

1. Signs and Symptoms
 2. Febrile Seizures
 3. Fainting
 4. Care and Treatments
- I. Severe abdominal pain
1. Abdominal aortic aneurysm
 2. Internal Bleeding
 3. Signs and symptoms
- J. Obstetrical emergencies
1. Common patient assessment questions
 2. Common medical emergencies
 - a. Miscarriage
 - b. Premature labor and birth
 - c. Preeclampsia
 - d. Placenta Previa
 3. Different Presentations
 - a. Prolapse cord
 - b. Breech
 - c. Limb Presentation
 4. Obstetrical medical kit

VII. Burns

- A. Classification
1. First Degree
 2. Second Degree
 3. Third Degree
 4. Chemical
 5. Electrical
- B. Treatment
1. Precautions
 2. Dressings
 3. Ointments

VIII. Facial injuries

- A. Objects in the eye
1. Bandaging eyes
 2. Stabilizing Objects
- B. Chemicals in the eye
1. Flushing Eyes
 2. Poison Control
- C. Nosebleed
1. Airway Precautions
 2. Care and Treatments
- D. Dental emergencies
1. Keeping Teeth in an isotonic solution
 2. Bleeding Control
 3. Airway Precautions

IX. Environmental emergencies

- A. Hyper thermic Emergencies
 - 1. Heat Cramps
 - 2. Heat Exhaustion
 - 3. Heat Stroke
- B. Hypothermic Emergencies
 - 1. Hypothermia
 - 2. Frostbite

X. Bites and stings

- A. Insect bites and stings
 - 1. Spider Bites
 - 2. Tick Bites
 - 3. Removing Ticks
 - 4. Removing Bee Stingers
- B. Animal and human bites
 - 1. Care if skin is broken
 - 2. Snake Bites
 - 3. Dog Bites
- C. Assisted administration of epinephrine auto-injector and accessing EMS
 - 1. Indication for Epinephrine Administration

XI. Poisoning

- A. Ingested Poisoning and Inhaled Poisoning
 - 1. Prevention
 - 2. Portal of entry
 - 3. Signs and symptoms
 - 4. Care
- B. Exposure to chemical, biological, radiological or nuclear (CBRN) substances
 - 1. Recognition of exposure
 - 2. Scene safety
 - 3. Medications for Chemical Exposure
 - 4. HAZMAT Teams
 - 5. Specialized Protective Equipment
- C. Poison control system
 - 1. Calling 1-800-222-1222

XII. Patient movement

- A. Emergency movement of patients
 - 1. Different patient movement options
 - a. Ankle Drag
 - b. Shoulder Pull
 - c. Blanket Drag
 - d. Human Crutch
 - e. Cloths Drag
 - f. Pack Strap Carry
 - g. 2 person Seated Carry
- B. Different Devices used by EMS

1. Soft Litters
2. Rigid Back Boards
3. Stair chairs
4. KED
5. Ambulance Gurney

XIII. Tactical and rescue first aid principles applied to violent circumstances

- A. Principles of tactical casualty care
 1. Casualty Collection Point
 - a. Establish an area or areas for Law Enforcement to transport patients to EMS in staging
 2. Disarming Injured Officer's prior to treatment
 3. Scene Safety
 4. Common Tactical and Rescue Terminology
 5. Casualty Movement and Evacuation Techniques
- B. Determining treatment priorities
 1. Self-Treatment
 2. Treatment of Partner or Co-Worker
 3. Treatment of General Public
 4. Treatment of Arrestee or Suspect
- C. Staging of Medical Resources for Critical Incidents
 1. EMT's embedded with Officer's on Scene
 2. Staging Fire Department and Butte Medics
 3. Comparing the amount of possible patients to the amount of medically qualified personal in staging
 4. Need for multiple ambulances in staging.
 5. Need for medical supervisor

XIV. Orientation to the EMS system

- A. 9-1-1 access
 1. EMS Dispatching
- B. Interaction with EMS personnel
 1. Fire Department Resources
 2. Butte EMS Resources
- C. Identification of local EMS and trauma systems
 1. Oroville Hospital Capabilities
 2. Enloe Trauma Center Capabilities
 3. Air Ambulance Resources
- D. Local Resources
 1. Number of Ambulances in Oroville
 2. Location of Trauma Centers
 3. Response times for additional medical resources

XV. Trauma emergencies

- A. Soft tissue injuries and wounds

1. Bleeding Control
2. Protection from infection
- B. Amputations and impaled objects
 1. Stabilization of impaled objects
 2. Bleeding control
 3. Preserving amputated body parts
- C. Chest and abdominal injuries
 1. Review of basic treatment for chest wall injuries
 2. Broken Ribs
 - a. Stabilization of Broken Ribs
 3. Open Chest Wounds
 - a. Application of Chest Seals
 4. Flail Chest
 - a. Stabilization of Flail Chest
- D. Head, neck or back injury
 1. Signs of a head injury
 2. Head injury prevention
 3. Traumatic Brain Injury
- E. Spinal immobilization
 1. C-Collar
 2. Seated and Supine
 3. Manual Stabilization of the Head
- F. Recognition of signs and symptoms of shock
 1. Signs and Symptoms
 2. Types of Shock
 3. Treatment
 4. Maintaining body temperature
- G. Musculoskeletal trauma and splinting
 1. Types of Splints
 2. Bruises Sprains and Strains
 3. Splinting
- H. Internal bleeding
 1. Review of different types of Trauma that could result in internal bleeding.
 2. Signs of internal bleeding
- I. Control of bleeding, including direct pressure, tourniquet, hemostatic dressings
 1. 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, hemostatic dressings, and wound packing.
 - b. Types of hemostatic dressings to include QuikClot Combat Gauze, HemCon ChitoFlex Pro Dressing, and Celox Gauze
 2. Bleeding Control
 - a. Direct Pressure
 - b. Apply tourniquet via Self-Application
 - c. Apply tourniquet on others
 - d. Apply pressure dressing

XVI. Legal issues

- A. Good Samaritan Law
 - 1. Who is covered
 - 2. How the law works
- B. Duty to Act
 - 1. Who has a duty to act
- C. Gaining Consent
 - 1. Implied Consent
 - 2. Minor Consent
 - 3. Expressed Consent
 - 4. Refusal of Care

XVII. Safety protocols

- A. Blood borne pathogens
 - 1. Department Policy Review for Blood Borne Pathogens
- B. Universal precautions
 - 1. Department issued safety gear

XIX. Written, oral and/or demonstration assessment

- A. First Aid Demonstration Assessments
 - 1. Glove Removal
 - a. Body Substance Isolation
 - 2. First Aid Assessment
 - a. Medical Assessment
 - b. Trauma Assessment
 - 3. Bleeding and Bandaging
 - a. Shock Positions
 - b. Spinal Immobilization
 - c. Splinting Extremities
 - d. Hemostatic Dressings
 - e. Direct Pressure
 - f. Tourniquets
 - g. Chest Seals
 - h. Basic Wound Care
 - i. Decontamination
 - 4. Cervical Spinal Immobilization
 - a. Seated
 - b. Supine
- B. Written Test
 - 1. First Aid
 - a. Multiple Choice