



## Course Number and Title: HLH 110 First Aid, Safety, and CPR

**Campus Location:**

Wilmington

**Effective Date:**

2018-51

**Prerequisite:**

BIO 110 or BIO 120, SSC 100 or concurrent

**Co-Requisites:**

None

**Course Credits and Hours:**

3.00 credits

2.00 lecture hours/week

2.00 lab hours/week

**Course Description:**

Students examine the National Safety Council's principles and guidelines for safety, cardiopulmonary resuscitation (CPR), and first aid. Emphasis is placed on acquiring the skills to administer basic first aid and emergency care.

**Required Text(s):**

Obtain current textbook information by viewing the [campus bookstore - https://www.dtcc.edu/bookstores](https://www.dtcc.edu/bookstores) online or visit a campus bookstore. Check your course schedule for the course number and section.

**Additional Materials:**

None

**Schedule Type:**

Classroom Course

**Disclaimer:**

None

**Core Course Performance Objectives (CCPOs):**

1. Explain the legal and ethical considerations and implications for assessing and administering first aid during emergency situations. (CCC 1, 2, 4, 5, 6)
2. Explain and demonstrate the proper protocols, procedures, and precautions for handling life-threatening emergencies. (CCC 1, 2, 3, 4, 6)
3. Explain and demonstrate the proper protocols, procedures, and precautions for treating various injuries of the body. (CCC 1, 2, 3, 4, 6)
4. Explain and demonstrate the proper protocols, procedures, and precautions for handling medical emergencies and special situations. (CCC 1, 2, 3, 4, 6)

See Core Curriculum Competencies and Program Graduate Competencies at the end of the syllabus. CCPOs are linked to every competency they develop.

## Measurable Performance Objectives (MPOs):

Upon completion of this course, the student will:

1. Explain the legal and ethical considerations and implications for assessing and administering first aid during emergency situations.
  1. Compare and contrast the various forms of consent.
  2. Describe the concepts of refusing help, abandonment, negligence, duty to act, and breach of duty as they apply to first aid treatments.
  3. Describe the Good Samaritan laws.
  4. Identify the roles of bystanders at emergency situations.
  5. Explain the importance of scene survey.
  6. List the information that a person should have available when calling the emergency medical service (EMS).
  7. Identify the risks involved in administering first aid and explain the proper precautions that should be used to minimize the risks.
  8. Explain the proper methods used to handle death and grieving.
  9. Review the normal functioning of the respiratory, circulatory, nervous, skeletal, and muscular systems.
  10. Describe the steps involved in a primary survey of the situation.
  11. Describe the airway, breathing, circulation, disability, exposure (ABCDE) system for vital body system assessment.
  12. Explain the use of the alert, voice, pain, unresponsive (AVPU) scale for a victim's level of responsiveness or mental status.
  13. Describe and perform the proper procedure for a physical exam at an emergency situation.
  14. Explain the use of a directly observed treatment short-course (DOTS) during a physical exam.
  15. Prepare and describe the various aspects of a sample medical history.
  16. Explain the advantages and disadvantages of placing a victim in the left decubitus position.
2. Explain and demonstrate the proper protocols, procedures, and precautions for handling life-threatening emergencies.
  1. Compare and contrast adult and child basic life support.
  2. Demonstrate and describe the various forms and procedures for rescue breathing.
  3. Demonstrate and describe the proper basic life support procedures and techniques for a motionless person.
  4. Demonstrate and describe the proper basic life support procedures and techniques for adult and child rescue breathing and CPR.
  5. Compare and contrast one versus two rescuer CPR procedures.
  6. Demonstrate and describe the proper basic life support procedures and techniques for foreign body airway obstruction (choking) in a conscious adult or child.
  7. Demonstrate and describe the proper basic life support procedures and techniques for foreign body airway obstruction (choking) in an unconscious adult or child.
  8. Explain infant basic life support.
  9. Demonstrate and describe the proper procedures and precautions for bleeding control.
  10. Demonstrate and describe the proper procedures and precautions when dealing with a shock victim.
3. Explain and demonstrate the proper protocols, procedures, and precautions for treating various injuries of the body.
  1. Explain and demonstrate the proper procedures and precautions for treating various types of wounds.
  2. Discuss wound infection and tetanus.
  3. Discuss the safety precautions used for dressing and bandaging different types of wounds.
  4. Compare and contrast various types of burns and their appropriate treatments.
  5. Describe the proper procedures and precautions when treating head, eye, ear, nose, and dental injuries.
  6. Explain and demonstrate the proper procedures and precautions when treating spine injuries.
  7. Explain and demonstrate the proper procedures and precautions when treating chest, abdominal, and pelvis injuries.
  8. Explain and demonstrate the proper procedures and precautions when treating bone, joint, and muscle injuries.
  9. Explain and demonstrate the proper procedures and precautions when treating various types of extremity injuries.
  10. Explain and demonstrate proper splinting techniques for the extremities.
4. Explain and demonstrate the proper protocols, procedures, and precautions for handling medical emergencies and special situations.
  1. Describe the proper procedures and precautions when treating heart attacks, brain attacks, asthma, hyperventilation, chronic obstructive pulmonary disease (COPD), altered mental status, fainting, seizures, diabetes, and various forms of abdominal distress.
  2. Differentiate between various types of poisoning.
  3. Describe the proper procedures and precautions for victims of poisoning.
  4. Explain the proper procedures and precautions for various types of bites and stings.
  5. Describe the proper procedures and precautions when treating victims of hypothermia and hyperthermia.
  6. Differentiate and describe the proper procedures for gynecologic and childbirth emergencies.
  7. Explain the proper handling of victims of behavioral emergencies, including but not limited to depression, suicide, sexual assault, child or spouse abuse, and aggressive and hostile behaviors.
  8. Describe how and when wilderness first aid is used, and provide specific examples of application.
  9. Explain and demonstrate the proper procedures and precautions for rescuing and moving victims.

**Evaluation Criteria/Policies:**

Students must demonstrate proficiency on all CCPOs at a minimal 75 percent level to successfully complete the course. The grade will be determined using the Delaware Tech grading system:

92	-	100	=	A
83	-	91	=	B
75	-	82	=	C
0	-	74	=	F

Students should refer to the [Student Handbook - https://www.dtcc.edu/handbook](https://www.dtcc.edu/handbook) for information on the Academic Standing Policy, the Academic Integrity Policy, Student Rights and Responsibilities, and other policies relevant to their academic progress.

**Core Curriculum Competencies (CCCs are the competencies every graduate will develop):**

1. Apply clear and effective communication skills.
2. Use critical thinking to solve problems.
3. Collaborate to achieve a common goal.
4. Demonstrate professional and ethical conduct.
5. Use information literacy for effective vocational and/or academic research.
6. Apply quantitative reasoning and/or scientific inquiry to solve practical problems.

**Program Graduate Competencies (PGCs are the competencies every graduate will develop specific to his or her major):**

None

**Disabilities Support Statement:**

The College is committed to providing reasonable accommodations for students with disabilities. Students are encouraged to schedule an appointment with the campus Disabilities Support Counselor to request an accommodation needed due to a disability. A listing of campus Disabilities Support Counselors and contact information can be found at the [disabilities services - https://www.dtcc.edu/disabilitysupport](https://www.dtcc.edu/disabilitysupport) web page or visit the campus Advising Center.