

# Common Course Outline

## HLTH 140

### First Aid, Safety, and CPR

3 Credits

## Community College of Baltimore County

### Description

**HLTH 140 – First Aid, Safety, and CPR** is a course in which students are able to administer proper first aid and emergency care. Students earn a First Aid, Cardiopulmonary Resuscitation (CPR), and Automated External Defibrillator (AED) certification(s) from nationally recognized organizations. A \$10 lab fee is required.

### 3 Credits

**Prerequisites:** ACLT 052 or ACLT 053 or (ESOL 052 and ESOL 054)

### Overall Course Objectives

Upon completion of this course students will be able to:

1. conduct a primary and secondary assessment and scene size-up;
2. explain the risks, causes, and treatments for many common accidents and injuries;
3. explain several ways to prevent major injuries or illnesses;
4. demonstrate proper first aid procedures for emergencies and sudden illnesses;
5. provide care for different types of wounds and injuries;
6. demonstrate proper bandaging and splinting techniques;
7. demonstrate two-, three-, and four-person carries;
8. identify the signs and symptoms of shock;
9. demonstrate the correct treatments for shock;
10. explain the risk factors for coronary heart disease;
11. demonstrate proper basic life support for foreign body airway obstruction and rescue breathing;
12. demonstrate proper CPR for infants, children, and adults; and
13. demonstrate proper AED technique.

### Major Topics

- I. Primary and Secondary Assessments
- II. Bleeding and Shock
- III. Wounds
- IV. Dressings and Bandages
- V. Burns
- VI. Injuries and Illnesses
- VII. Fractures and Splinting
- VIII. Poisoning

- IX. Bites and Stings
- X. Heat and Cold Emergencies
- XI. Carries
- XII. Foreign Body Airway Obstruction
- XIII. CPR for Infants, Children, and Adults
- XIV. AED

### **Course Requirements**

Grading will be determined by the individual faculty member but will include the following:

### **Grading/exams**

- A minimum of one written exam in First Aid
- A minimum of one practical exam in First Aid
- A minimum of one written exam in CPR/AED
- A minimum of one practical exam in CPR/AED

Note: The above exams are those required by nationally recognized certifying agencies such as the American Red Cross, the American Heart Association, the National Safety Council, the Emergency Care and Safety Institute, and the American Academy of Orthopedic Surgeons.

### **Other Course Information**

This course fulfills a requirement in the Physical Education, Health Education, and Applied Exercise Sciences programs as well as other programs that require first aid, CPR, and AED certifications.

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