

University of Wisconsin-Madison
Department of Kinesiology

Kines 742-116 First Aid

Instructor: Dan Timm, 1043 Gym-Nat, 262-7714, e-mail: dtimm@education.wisc.edu
Office Hours: MTWR 12:30-1:30

Required Texts: *CPR/AED for Professional Rescuers and Health Care Providers*, American Red Cross, 2011, available at <http://www.redcross.org/portal/site/en/menuitem.d229a5f06620c6052b1ecfbf43181aa0/?vgnextoid=b2a80ffc9331d210VgnVCM10000089f0870aRCRD&vgnnextchannel=aea70c45f663b110VgnVCM10000089f0870aRCRD>

First Aid: Responding to Emergencies, American Red Cross, Revised Ed., 2007, available at <http://www.redcross.org/portal/site/en/menuitem.d229a5f06620c6052b1ecfbf43181aa0/?vgnextoid=8b6fc0e92ba0d210VgnVCM10000089f0870aRCRD&vgnnextchannel=aea70c45f663b110VgnVCM10000089f0870aRCRD#Emergencies>

Required Supplies: Pocket Mask and Bandages/Dressing Kit

Purpose of Course: The purpose of this course is to provide the professional rescuer with the knowledge, analytical skills, and physical skills necessary in an emergency to help sustain life, reduce pain, and minimize the consequences of injury or medical emergency.

Course Objectives: At the conclusion of this course, participants should be able to —

- Know how to take action to provide emergency care.
- Identify the signs and symptoms of breathing emergencies, including choking, and demonstrate how to give ventilations and first aid for choking.
- Recognize the signs and symptoms of a possible heart attack, and describe how to care for someone who is experiencing signals of a heart attack.
- Identify the signs of cardiac arrest, and demonstrate how to provide care through cardiopulmonary resuscitation (CPR) and automated external defibrillation (AED).
- Identify the signs and symptoms of shock, and describe how to minimize its effects.
- Identify life-threatening bleeding, and demonstrate how to control it.
- Identify the signs and symptoms of various soft tissue and musculoskeletal injuries, and demonstrate how to care for them.
- Identify the signs and symptoms of medical emergencies, including sudden illnesses, poisoning, bites and stings, and heat and cold emergencies, and describe how to care for them.
- Describe when to move a victim in an emergency situation and demonstrate various rescue moves.

Evaluation for Academic Grade:	Written Tests (2)	100 pts	Percentage Breakdown		
	Scenarios (15)	150 pts	A	93% - 100%	353-380 pts
	Skill Tests		AB	89% - 92%	338-352 pts
	Adult CPR, RB, Airway Obstruction	40 pts	B	83% - 88%	315-337 pts
	Infant CPR, RB, Airway Obstruction	40 pts	BC	79% - 82%	300-314 pts
	Controlling Bleeding	10 pts	C	70% - 78%	266-299 pts
	Splinting (4)	<u>40 pts</u>	D	60% - 69%	228-265 pts
		380 pts	F	0% - 59%	0-227 pts

American Red Cross Certification: Certification standards require 80% competency on both written tests and all skills and 90% attendance.

Health & Safety Precautions: Students with medical conditions such as respiratory problems, heart condition, pregnancy, or back problems must talk with the instructor before participating in the physical aspects of the course. Before any skill session, all students should wash their hands with soap and water.

Class Schedule:

September 7	Introduction to Course Health Precautions, RTE p. xxix	October 31	* Infant Two-Rescuer CPR, CPR/AED p. 38-39
September 12	If Not You...Who? RTE Chapter 1 The Duty to Respond, CPR/AED, p. 2-3 Preventing the Spread of Bloodborne Pathogens, CPR/AED p. 3-5 Taking Action, CPR/AED p.5	November 2	* Automated External Defibrillation, CPR/AED p. 17-19, 40-41
September 14	* Scene Size-Up, CPR/AED p. 6 Primary Assessment, CPR/AED, p. 6-7, 22- 25 Recovery Positions, CPR/AED p. 9, 26	November 7	<i>Written Test (Assessment and Basic Life Support)</i>
September 19	* Assessment of Conscious Victim, RTE p. 68-72	November 9	Responding to an Emergency, RTE Chapter 2 Review notes from September 19 Shock, RTE Chapter 9 Bleeding, RTE Chapter 8 Soft Tissue Injuries (Wounds), RTE Chapter 10
September 21	* Breathing Emergencies (Respiratory Distress, Respiratory Arrest), CPR/AED p. 10-11 Giving Ventilations (Adult and Child), CPR/AED p. 12, 27 <i>Assessment Scenarios Due</i>	November 14	Soft Tissue Injuries (Infection), RTE Chapter 10 * Controlling Bleeding Skill Test
September 26	* Breathing Emergencies (Unconscious Adult and Child Airway Obstruction), CPR/AED p. 34-35	November 16	Soft Tissue Injuries (Burns), RTE Chapter 10
September 28	* Breathing Emergencies (Conscious Adult and Child Airway Obstruction), CPR/AED p. 12-13, 30-31	November 21	Musculoskeletal Injuries, RTE Chapter 11 Injuries to the Extremities, RTE Chapter 12
October 3	* Primary Assessment and Breathing Emergencies (Infant), CPR/AED p. 24-25, 27, 34-35, 32-33, 26	November 23	* Splinting Skill Practice
October 5	* Cardiac Emergencies (Heart Attack, Cardiac Arrest, Adult CPR), CPR/AED p. 13-16, 36-37	November 28	* Injuries to the Head, Neck, and Back, RTE Chapter 13 * Injuries to the Chest, Abdomen, and Pelvis, RTE Chapter 14
October 10	* Cardiac Emergencies (Infant CPR), CPR/AED p. 16, 36-37	November 30	Sudden Illnesses, RTE Chapter 15 <i>Injuries Scenarios Due</i>
October 12	* Cardiac Emergencies (Child CPR), CPR/AED p. 16, 36-37	December 5	Poisoning, RTE Chapter 16 Bites and Stings, RTE Chapter 17 Substance Misuse and Abuse, RTE Chapter 18
October 17, 19, 24	* Adult Giving Ventilations, Airway Obstruction, and CPR Skill Tests Infant Giving Ventilations, Airway Obstruction, and CPR Skill Tests	December 7	* Splinting Skill Practice
October 26	* Adult Two-Rescuer CPR, CPR/AED p. 17, 38-39 Using a Bag-Valve-Mask Resuscitator, CPR/AED p. 28-29	December 12	* Heat and Cold Emergencies, RTE Chapter 19 Reaching and Moving Victims, RTE p. 32-35, 370-378, 382-383 People with Special Needs, RTE Chapter 21 <i>Medical Emergencies Scenarios Due</i>
		December 14	<i>Written Test (First Aid)</i>
			* Final Exam (Splinting Skills Test) Section 1: Friday, December 23, 10:05 am Section 2: Wednesday, December 21, 12:25 pm

* Indicates skill session (practice and/or testing)