

## Instructor's Course Synopsis

### CPR/AED/First Aid - Certification & Recertification

**Purpose of course:** This ~4-hour course is designed to provide law enforcement personnel with both informational lecture and hands on scenarios to reinforce basic lifesaving skills.

**Course Overview:** This training program will consist of instruction, physical skills, skills tests for each topic covered, and summary.

**Course goals:** The goals of this course are:

- Understanding how to work with the appropriate emergency medical services system
- Legal concepts and considerations
  - Good Samaritan laws
- Standard precautions to take to prevent disease transmission when providing care
- How to check an injured or ill person who appears to be unresponsive
- Signs and symptoms of a heart attack, and describe appropriate first aid care for a person who is showing these signs and symptoms
- CPR / use of an AED for adults, children, and infants
- First aid care for a person who is choking
- Identify signs and symptoms of, & know appropriate first aid care for:
  - Breathing emergencies
  - Diabetic emergencies
  - Seizures / fainting
- Methods used to control external bleeding
- Application of a tourniquet (commercial and/or improvised) to control external bleeding
- Identify signs and symptoms of, and know appropriate first aid care for:
  - Heat-related illnesses
  - Cold-related illnesses
  - Poisoning
  - Opioid overdose

**Course prerequisites:** N/A

**Methods of evaluation:** Students will be required to demonstrate knowledge of all course materials. Students will be evaluated on their comprehension and retention of material based on participation in practical scenarios as well as four individual skills tests for CPR/AED.

**Methods of instruction:**

This course is conducted using the following methods of instruction:

- American Heart Association Heartsaver video presentation
- Lecture
- In-class general discussion
- In-class skills demonstration of proper techniques

**References:**

Heartsaver First Aid CPR AED Course Digital Video, 745 ILCS 49/10, 49/12

## **Outline**

1. Adult CPR & AED
  - a. Mandates met: Emergency Medical Response
  - b. Hours of instruction: 1 hour 20 minutes
  
2. Child CPR & AED
  - a. Mandates met: Emergency Medical Response
  - b. Hours of instruction: 41 minutes
  
3. Infant CPR
  - a. Mandates met: Emergency Medical Response
  - b. Hours of instruction: 39 minutes
  
4. First Aid
  - a. Mandates met: Emergency Medical Response
  - b. Hours of instruction: 1 hour 20 minutes
  
5. Conclusion
  - a. Mandates met: None
  - b. Hours of instruction: 15 minutes

- I. Adult CPR & AED
  - a. Mandate: Emergency Medical Response
  - b. Number of hours: 1 hr 20 min
  - c. Description: This unit will cover the response and management of a variety of breathing and cardiac emergencies in adults. This will include standard precautions and review Good Samaritan laws. The Adult CPR lecture will be followed by the Adult CPR skills test.
  - d. Training Goals:
    - i. Understand the law regarding liability as it pertains to 745 ILCS 49/10, 49/12
    - ii. Know proper disease transmission prevention techniques
    - iii. Identify when CPR is necessary
    - iv. Understand and demonstrate proper Adult CPR techniques
    - v. Understand and demonstrate proper Adult AED use
  - e. Instruction aids: Heartsaver First Aid CPR AED Course Digital Video, adult CPR manikins, AED training device
- II. Child CPR & AED
  - a. Mandate: Emergency Medical Response
  - b. Number of hours: 41 min
  - c. Description: This unit will cover the response and management of a variety of breathing and cardiac emergencies in children, including choking. The child CPR/AED lecture will be followed by the child CPR skills test.
  - d. Training goals:
    - i. Understand and demonstrate proper child CPR techniques
    - ii. Understand and demonstrate proper child AED use
    - iii. Understand and demonstrate proper child choking response
  - e. Instruction aids: Heartsaver First Aid CPR AED Course Digital Video, child CPR manikins, AED training device
- III. Infant CPR
  - a. Mandate: Emergency Medical Response
  - b. Number of hours: 39 min
  - c. Description: This unit will cover the response and management of breathing & cardiac emergencies in infants, including choking. The infant CPR lecture will be followed by the infant CPR skills test.
  - d. Training goals:
    - i. Understand and demonstrate proper infant CPR techniques
    - ii. Understand and demonstrate proper infant choking response
  - e. Instruction aids: Heartsaver First Aid CPR AED Course Digital Video, infant CPR manikins
- IV. First Aid
  - a. Mandate: Emergency Medical Response
  - b. Number of hours: 1 hr 20 min

- c. Description: This unit will cover how to recognize and care for a variety of first aid emergencies such as: diabetic emergencies, anaphylaxis, stroke, seizures, opioid overdose and temperature related illnesses. Additionally, proper bleeding control tactics will be discussed, including both direct pressure and tourniquet application.
- d. Training goals:
  - i. Know the signs & symptoms of a variety of first aid emergencies
  - ii. Understand the proper response and care for a variety of first aid emergencies
  - iii. How to control life threatening bleeding via pressure, wound packing, and tourniquet use.
  - iv. Identify and know appropriate treatment for an opioid overdose
- e. Instruction aids: Heartsaver First Aid CPR AED Course Digital Video, Stop The Bleed PowerPoint, Narcan PowerPoint

V. Summary and Conclusion

- a. Mandate: none
- b. Number of hours: 15 min
- c. Unit description: This final unit will consist of a summary of all lessons covered and review of any topics requested by students.
- d. Instructional aids: none

### AHA First Aid CPR AED Agenda

Approximate course path duration without optional topics: 2.25 hours; up to 4.5 hours.

Student-instructor ratio 6:1; student-manikin ratio 3:1

Lesson times are estimates and can vary from course to course.

Lesson	Duration (in minutes)
<b>Adult CPR AED</b>	
Lesson 1: Adult CPR AED Introduction	9
Lesson 2: Adult CPR	28
Lesson 3: Use an AED (Adult)	8
Lesson 4: Adult CPR AED Conclusion	2
Lesson 5: Adult CPR and AED Skills Test	20
Lesson 6: Drug Overdose: Opioid-Associated Life-Threatening Emergencies	10
Lesson 7: Adult Choking	5
Lesson 8: Water Safety ( <b>Optional</b> )	<b>Topic not required</b> (4 if added)
<b>Child CPR AED</b>	
Lesson 1: Child CPR AED Introduction	9
Lesson 2: Use an AED (Child)	14
Lesson 3: Child CPR Skills Test	15
Lesson 4: Child Choking	3
<b>Infant CPR</b>	
Lesson 1: Infant CPR Introduction	2
Lesson 2: Infant CPR	18
Lesson 3: Infant CPR Conclusion	2
Lesson 4: Infant CPR Skills Test	12
Lesson 5: Infant Choking	3
Lesson 6: Conclusion	2
<b>First Aid</b>	
Lesson 1: Introduction	7
Lesson 2: First Aid Basics: Duties and Key Steps	23
Lesson 3: First Aid Basics Summary	2
Lesson 4: Medical Emergencies (Contains <b>optional</b> topics)	10 for required topics (20 for all topics)
Lesson 5: Medical Emergencies Summary	2
Lesson 6: Injury Emergencies (Contains <b>optional</b> topics)	10 for required topics (33 for all topics)
Lesson 7: Injury Emergencies Summary	2
Lesson 8: Environmental Emergencies ( <b>Optional</b> )	<b>Topic not required</b> (20 if added)

Lesson	Duration (in minutes)
Lesson 9: Environmental Emergencies Summary (Optional)	<b>Topic not required</b> (2 if added)
Lesson 10: Prevention Strategies (Optional)	<b>Topic not required</b> (6 if added)
Lesson 11: Preventing Illness and Injury; Legal Questions	2
Lesson 12: Conclusion	2