

Health and Safety Programs

COURSE:	First Aid Basics (Community First Aid and Safety Program)
Course Code:	3230
Purpose	Train individuals to become familiar with how to recognize and care for victims of illness and sudden injuries.
Prerequisites	None
Learning Objectives	<ul style="list-style-type: none">• Identify how to respond to emergency situations by checking to see if it is safe to intervene;• Identify the three general steps in the emergency action plan;• Demonstrate how to check a conscious or an unconscious victim;• Identify how to use your community's emergency medical services (EMS) effectively;• Recognize the signals of shock and describe how to minimize its effects;• Recognize the signals of various soft tissue and musculoskeletal injuries and demonstrate how to care for them;• Recognize the signs and symptoms of sudden illness, including poisoning, bites and stings, and heat and cold emergencies, and describe how to care for them; and• Describe when and how to move a victim in an emergency situation.
Length	Approximately 4 hours
Instructor	Currently authorized First Aid/CPR/AED, Workplace Training: Standard First Aid, First Aid: Responding to Emergencies, Sport Safety Training, Lifeguarding or Emergency Response Instructor.
Certification Requirements	<ul style="list-style-type: none">• Attend and participate in all course sessions;• Demonstrate competency in all required skills listed on the skills checklist;• Participate in all skills sessions; and• Pass the final written exam with a score of 80 percent or better.
Certificate Issued and Validity Period	First Aid Basics – 3 years
Participant Materials	<i>American Red Cross Community First Aid and Safety Participant's Manual</i> (Stock No. 652100)