



# Wayne County Community College District

## COURSE SYLLABUS

### EMT 101 First Aid

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**CREDIT HOURS:** 2.00

**CONTACT HOURS:** 30.00

**COURSE DESCRIPTION:**

This course is designed to provide the citizen responder with the knowledge and skills necessary in an emergency to help sustain life, reduce pain, and minimize the consequences of injury or sudden illness until professional help arrives.

**PREREQUISITES:** *None*

**EXPECTED COMPETENCIES:**

After completing these lessons, participants should be able to:

1. Background Information
  - 1.1 Recognize the need for first aid training
  - 1.2 Define "first aid"
  - 1.3 Identify legal considerations when providing first aid
2. Action at an Emergency
  - 2.1 Identify the actions that a bystander should take in an emergency
  - 2.2 Describe the steps in performing a scene survey
  - 2.3 Identify situations in which emergency medical services (EMS) should be called
  - 2.4 Describe how to call EMS
  - 2.5 Identify ways to minimize the chance of disease transmission
  - 2.6 Recognize that emotional reactions are common when providing emergency care
3. The Human Body
  - 3.1 Identify the systems of the body and their functions
  - 3.2 Name the major bones of the body
4. Finding Out What's Wrong
  - 4.1 Describe and demonstrate how to assess a victim, including conducting an initial check, physical exam, and SAMPLE history
  - 4.2 Identify problems that are an immediate threat to life
5. CPR
  - 5.1 Describe and demonstrate how to perform CPR for an adult
  - 5.2 Discuss various methods of rescue breathing
  - 5.3 Describe and demonstrate how to perform rescue breathing for an adult
  - 5.4 Identify signs of choking
  - 5.5 Describe and demonstrate how to care for a choking adult



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### 6. AED

- 6.1 Describe the components in the chain of survival
- 6.2 Describe the importance of activating the local EMS system, and providing early CPR and defibrillation
- 6.3 Describe the electrical system of the heart
- 6.4 Define and AED
- 6.5 Describe the main components of an AED

### 7. Shock

- 7.1 Recognize the signs and symptoms of shock
- 7.2 Describe and demonstrate how to care for shock
- 7.3 Identify signs of anaphylactic shock
- 7.4 Describe and demonstrate how to use an epinephrine auto-injector

### 8. Bleeding

- 8.1 Identify three types of external bleeding
- 8.2 Identify types of open wounds
- 8.3 Describe and demonstrate how to care for external bleeding
- 8.4 Identify signs of internal bleeding and describe how to care for internal bleeding
- 8.5 Describe how to care for a wound to prevent infection
- 8.6 Describe how to recognize an infected wound
- 8.7 Describe how to care for an impaled object

### 9. Wounds

- 9.1 Identify types of open wounds
- 9.2 Describe and demonstrate how to care for external bleeding
- 9.3 Identify signs of internal bleeding and describe how to care for internal bleeding
- 9.4 Describe how to care for a wound to prevent infection
- 9.5 Describe how to recognize an infected wound
- 9.6 Describe how to care for an amputation
- 9.7 Describe how to care for an impaled object

### 10. Bandaging Wounds

- 10.1 Explain the purpose of dressing a wound
- 10.2 Describe how to bandage wounds on various parts of the body

### 11. Burns

- 11.1 Identify three types of burns
- 11.2 Discuss how to determine burn severity
- 11.3 Explain how to care for thermal, chemical, and electrical burns

### 12. Head and Spinal Injuries

- 12.1 Describe how to care for various types of head injuries
- 12.2 Identify various types of dental injuries and how to care for them
- 12.3 Demonstrate how to check a victim for a spinal injury

### 13. Chest, Abdominal, and Pelvic Injuries

- 13.1 Describe the care that should be given to a victim with chest injury
- 13.2 Describe the care that should be given to a victim with abdominal injury
- 13.3 Describe the care that should be given to a victim with a pelvic injury



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### 14. Bone, Joint, and Muscle Injuries

- 14.1 List signs of a possible bone fracture
- 14.2 Describe the care for a possible fracture
- 14.3 Describe the proper care for joint and muscle injuries
- 14.4 Describe the RICE (rest, ice, compression, and elevation) procedures for bone, joint, and muscle injuries

### **ASSESSMENT METHODS:**

Student performance may be assessed by examination, quizzes, case studies, oral conversation, group discussion, oral presentations. The instructor reserves the option to employ one or more of these assessment methods during the course.

### **GRADING SCALE:**

- 90%-100% = A
- 80%-89.9% = B
- 70%-79.9% = C
- 60%-69.9% = D
- <60% = E