



**Emeryville Police Department
First Aid/CPR/AED Refresher (8 Hours)
Course-21797**

Course Goal: The students will review the concepts of Basic Life Support and First Aid principles and procedures and how to integrate these skills into a law enforcement career.

I. INTRODUCTION/ORIENTATION

- A. Registration, introduction, and orientation
- B. Course objectives and overview

II. ROLE OF THE PUBLIC SAFETY-FIRST AID PROVIDER

- A. Personal safety
 - 1. Scene size-up
- B. Body substance isolation, including removing gloves
- C. Integration with EMS personnel to include active shooter incidents
- D. Mass Casualty Responsibilities
- E. Minimum personal equipment and first aid kits

III. HEART ATTACK AND SUDDEN CARDIAC ARREST TO INCLUDE:

- A. Sudden cardiac arrest and early defibrillation
- B. Chain of survival

IV. CPR AND AED FOR ADULTS, CHILDREN, AND INFANTS (CURRENT AHA GUIDELINES)

- A. Basic airway management
- B. Rescue breathing
 - 1. Mouth-to-Mouth
 - 2. Mouth-to-Mask
 - 3. Bag-valve-Mask (BVM)
- C. Chest compressions and CPR/AED
 - 1. Basic AED operation
 - 2. Using the AED
 - 3. Troubleshooting and other considerations
- D. Single rescuer CPR/AED on adult, child and infant

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- E. Two rescuer CPR/AED on adult, child and infant
- F. Recovery position

V. MANAGEMENT OF FOREIGN BODY AIRWAY OBSTRUCTION ON ADULTS, CHILDREN, AND INFANTS

- A. Conscious patients
- B. Unconscious patients

VI. RECOGNITION AND IDENTIFICATION OF MEDICAL AND TRAUMATIC EMERGENCIES

- A. Performing a primary assessment
- B. Performing a secondary assessment
- C. Obtaining a patient history

VII. MEDICAL EMERGENCIES

- A. Pain, severe pressure or discomfort in chest
- B. Breathing difficulties, including asthma and COPD
- C. Allergic reaction and anaphylaxis

- 1. Assisted administration of epinephrine auto-injector

- D. Altered mental status
- E. Stroke
- F. Diabetic emergencies

- 1. Administration of oral glucose

- G. Seizures
- H. Alcohol and drug emergencies

- 1. Assisted naloxone administration and accessing EMS

- I. Severe abdominal pain
- J. Obstetrical emergencies

VIII. BURNS

- A. Identification and treatment

IX. FACIAL INJURIES

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A. Identification and treatment

X. ENVIRONMENTAL EMERGENCIES

- A. Heat emergencies
- B. Cold emergencies

XI. BITES AND STINGS

- A. Insect bites and stings
- B. Animal and human bites
- C. Assisted administration of epinephrine auto-injector and accessing EMS

XII. POISONING

- A. Ingested poisoning
- B. Inhaled poisoning
- C. Exposure to chemical, biological, radiological or nuclear (CBRN) substances
 - 1. Recognition of exposure
 - 2. Scene safety
- D. Poison control system

XIII. PATIENT MOVEMENT

- A. Emergency movement of patients
- B. Lifts and carries
 - 1. Soft litters
 - 2. Manual: fore/aft, side-by-side, shoulder/belt

XIV. TACTICAL AND RESCUE FIRST AID PRINCIPLES APPLIED TO VIOLENT CIRCUMSTANCES

- A. Principles of tactical casualty care
- B. Determining treatment priorities

XV. ORIENTATION TO EMS SYSTEM

- A. 9-1-1 Access
- B. Interaction with EMS personnel
- C. Identification of local EMS and trauma systems

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XVI. TRAUMA EMERGENCIES

- A. Soft tissue injuries and wounds
- B. Amputations and impaled objects
- C. Chest and abdominal injuries
 - 1. Review of basic treatment for chest wall injuries
 - 2. Application of chest seals
- D. Head, neck, or back injury
- E. Spinal immobilization
- F. Musculoskeletal trauma and splinting
- G. Recognition of signs and symptoms of shock
 - 1. Basic treatment of shock
 - 2. Importance of maintaining normal body temperature
- H. Internal bleeding
- I. Control of external bleeding: direct pressure, tourniquet, hemostatic dressings, chest seals and dressings
 - 1. Training in the use of hemostatic dressing shall result in competency in the application of hemostatic dressing.
 - a. Review of basic methods of bleeding control to include but not limited to direct pressure, pressure bandages, tourniquets, and hemostatic dressing and wound packing
 - b. EMSA-approved hemostatic dressings

XVII. LEGAL ISSUES

- A. Authorized skills and liability limitations

XVIII. SAFETY PROTOCOLS

XIX. WRITTEN, ORAL AND/OR DEMONSTRATION ASSESMENT (IN EACH TOPIC AREA)

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A. Scenarios or Demonstration

Objective #1 Given a scenario the student will work in a group and formulate the appropriate first aid for the diabetic emergency, seizures, sucking chest injury, anaphylactic shock, chest pain, head injury, burn, fractures, and emergency scenes.

Objective #2 The student will be able to apply a pressure dressing, tourniquet, and occlusive dressing, for a simulated injury. The student will demonstrate or recite the proper dressing for burns.

Objective #3 The student will demonstrate the proper way to place a victim in a recovery position lateral, side-lying position that may improve airway mechanics as well as demonstrate the treatment for shock. The student will recite the proper technique for moving a victim using the shoulder drag.

Objective #4 The student will be able to correctly identify the basic life support emergency and demonstrate the proper sequence and skill appropriate to the rescue, obstructed airway, CPR, rescue breathing, and the use of an AED.

I. ROLE OF THE PUBLIC SAFETY FIRST AID PROVIDER

- A. Safety
- B. Response and equipment

II. CARDIAC EMERGENCY

- A. Early defibrillation
- B. Chain of survival

III. CPR AND AED

- A. Airway Management
- B. Rescue Breathing
- C. CPR/AED
- D. Single/Two rescuer
- E. Recovery position

IV. AIRWAY OBSTRUCTION

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- A. Conscious
- B. Unconscious

V. IDENTIFICATION OF MEDICAL AND TRAUMATIC EMERGENICES

- A. Primary Assessment
- B. Secondary Assessment
- C. Patient history

VI. MEDICAL EMERGENICES

- A. Breathing difficulties
- B. Allergic reaction
- C. Diabetic emergencies
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- A. Insect
- B. Animal/human
- C. Assisted administration of epinephrine auto-injector

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- B. CBRN

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- A. Emergency movement
- B. Lifts and carries

XIII. TACTICAL FIRST AID

- A. Tactical casualty care
- B. Treatment priorities

XIV. ORIENTATION TO EMS SYSTEM

- A. EMS personnel
- B. Local EMS and trauma systems

XV. TRAUMA EMERGENCIES

- A. Soft tissue injuries
- B. Amputations and impaled
- C. Chest/abdomen
- D. Spinal immobilization
- E. Shock
- F. Bleeding control

XVI. LEGAL ISSUES

XVII. SAFETY PROTOCOLS

XVIII. ASSESSMENT