



Colston Safety and Training, Inc.
Medic First Aid: CPR/AED - 1st Aid

Prerequisites: This course shall have no formal pre-requisite

Course Length: 3-5 Hours Course length will vary.

Course Design:

- Lecture / Video / Visual Aids
- Demonstrations
- Practical Exercises using manikin

Successful Course Completion:

- Students must demonstrate skills acquired throughout the course with a hands on practical session
- Breaks – 5 to 15 minutes (at instructor’s discretion)
- Lunch – Not Applicable

Course Outline:

- Blood Borne Pathogens Overview
 - Preventing Disease Transmission
- Scene Safety
 - Using Barriers / PPE / Protection of Self and Patient
 - Preventing Disease Transmission
 - Traffic awareness and environmental concerns
- Activating EMS
 - Call 911 or direct emergency numbers
 - Call air med or life flight if offshore
- Patient Assessment
 - Responsiveness
 - Airway Assessment
 - Breathing Assessment
 - Circulation Assessment
 - Ongoing Assessment
- Foreign Body Airway Obstruction
 - Clearing Fluids
 - Clearing Solids

- Clearing the Tongue
- Abdominal thrusts / Chest thrust
- Ventilations
 - Instruction on administering proper ventilations
 - Practice using pocket mask and face shield
- Proper Rescue Breathing technique
- Chest Compressions
 - Instruction on proper hand placement and depth of chest compressions
- CPR
 - One Rescuer CPR
 - Two Rescuer CPR
- Control of Bleeding
 - Direct pressure
 - Pressure points
- Managing Shock
- Medical Illnesses
 - Recognize signs of possible medical illness
 - Patient past medical history
- Head Neck & Back Injuries
 - Stabilization
- Supporting patients with fractures
- Managing burn injuries
- Proper management of full or partial amputations
- First Aid and the Law – Good Samaritan Law
 - Expressed consent
 - Implied consent
 - Abandonment
- AED (Automated External Defibrillator)
 - If requested by customer

Training Center Provided Material:

- Medic First Aid Booklet
- Manikin (Each student will practice with a sterile barrier device)
- AED (If applicable)

Student Requirements:

- None