



State of California – Military Department
California Cadet Corps

CURRICULUM ON CITIZENSHIP

Strand M4: First Aid

Level 11

This Strand is composed of the following components:

- A. First Aid**
- B. Cardiopulmonary Resuscitation**
- C. Automated External Defibrillator (AED) Use**



Table of Contents

A. First Aid	3
Objectives	3
TRAINING MATERIALS FOR THIS COURSE	4
A. First Aid Basics	8
A1. Before Giving Care (ARC Participant’s Manual, Chapter 1)	8
A2. Checking an Injured or Ill Person (ARC Participant’s Manual, Chapter 2)	8
Checking a Responsive Person.....	8
A3. Choking (ARC Lesson 4) (ARC Participant’s Manual, Chapter 4)	8
A4. Sudden Illness (ARC Participant’s Manual, Chapter 5)	8
A5. Traumatic Injuries (ARC Participant’s Manual, Chapter 6)	9
A6. Environmental Injuries and Illnesses (ARC Participant’s Manual, Chapter 7)	9
A7. Conclusion (ARC Participant’s Manual, Chapter 8)	9
B. Cardiopulmonary Resuscitation.....	10
B1. Cardiac Emergencies and Giving CPR (ARC Participant’s Manual, Chapter 3)	10
C. Automated External Defibrillator	10
C1. Using an AED (ARC Participant’s Manual, Chapter 3)	10
References	10

A. First Aid

Standard #2

Standard #2: Students learn duty, service, and responsibility as a citizen of their school, their community, the State of California, and the United States.

OBJECTIVES

DESIRED OUTCOME (Leadership)

Cadets will have the basic skills that they will need to recognize and respond appropriately to cardiac, breathing and first aid emergencies.

Plan of Action:

1. Describe how to recognize an emergency and size up the scene.
2. Explain how to activate and work with the emergency medical services (EMS) system.
3. Understand legal concepts as they apply to lay responders, including consent and the purpose of Good Samaritan laws.
4. Identify how to reduce the risk of disease transmission when giving care.
5. Demonstrate how to check a person who is responsive for life-threatening and non-life-threatening conditions.
6. Explain how to check an injured or ill person who appears to be unresponsive.
7. Recognize the signs and symptoms of a heart attack, and describe appropriate first aid care for a person who is showing these signs and symptoms.
8. Describe the links in the Cardiac Chain of Survival.
9. Demonstrate CPR and use of an automated external defibrillator (AED) for a person who is in cardiac arrest.
10. Demonstrate first aid care for a person who is choking.
11. Recognize the signs and symptoms of shock, and describe appropriate first aid care for a person who is showing these signs and symptoms.
12. Recognize the signs and symptoms of, and describe appropriate first aid care for, the following sudden illnesses: breathing emergencies, diabetic emergencies, seizures, fainting and stroke.
13. Describe methods used to control external bleeding, including the application of direct pressure and the application of a commercial tourniquet.
14. Demonstrate the application of direct pressure to control external bleeding.
15. Explain when a commercial tourniquet should be used, and describe the basic principles of using a tourniquet.
16. Recognize the signs and symptoms of, and describe appropriate first aid care for, the following injuries: burns; muscle, bone and joint injuries; and head, neck and spinal injuries (including concussion).
17. Recognize the signs and symptoms of, and describe appropriate first aid care for, the following environmental injuries and illnesses: heat-related illnesses, cold-related illnesses and poisoning.

TRAINING MATERIALS FOR THIS COURSE

The California Cadet Corps (CACC) uses the American Red Cross (ARC) course on First Aid, Cardiopulmonary Resuscitation, and Automated External Defibrillator (AED) use (American Red Cross, 2011, 2016). CACC commandants can attend training to get certified as instructors in this course, and to certify cadets or student to whom they teach the course. The course uses American Red Cross produced textbooks and videos, which are available from HQ CACC. Contact Operations@cacadets.org to gain access to the videos and to copies of the American Red Cross First Aid/CPR/AED Instructor's and Participant's Manuals, and to obtain CPR mannequins. This text contains only the outline of the course for planning purposes.

The California Cadet Corps conducts ARC First Aid/CPR/AED Instructor Certification once or twice a year at state level, and is open to assisting brigades in offering the course locally over a weekend regionally. Units can use the materials to teach their cadets topics out of the course, but the entire course is required for certification and award of the First Aid Certification Ribbon. Commandants may also attend an ARC-sponsored course anywhere to attain their instructor certification.

Program Delivery Methods:

There are two delivery methods available for the courses in the American Red Cross First Aid/CPR/AED program: classroom and blended learning. The blended learning option combines online learning with in-person skill sessions conducted by a Red Cross-certified instructor. Participants in blended learning courses acquire the same knowledge and skills as those in traditional classroom training courses.

Program Materials:

Participant Resources:

Participants in the First Aid/CPR/AED program courses are not required to have any participant resources during class. All participant resources are available for purchase on the Red Cross Store and from Instructor's Corner. In addition, all participant resources are available as downloadable digital versions from Instructor's Corner.

American Red Cross First Aid/CPR/AED Participant's Manual

The *First Aid/CPR/AED Participant's Manual* has been designed to simplify learning and understanding of the material. The manual reinforces key points from the lecture portions of the course and contains skill sheets. It serves as an in-class tool and as a reference tool after the course is complete. Each school is authorized issue of 30 manuals from HQ CACC while supplies last. Contact Operations@cacadets.org to obtain copies. It is also available digitally.

American Red Cross First Aid/CPR/AED Ready Reference Cards

There are two versions of the First Aid/CPR/AED Ready Reference Cards: adult and pediatric. The Ready Reference Cards can be used during skill sessions or for quick reference after the course. Instructors are strongly encouraged to have extra copies of the Ready Reference Cards for use during skill practice sessions. They are available from the Red Cross Store online, or from CA Cadet Corps Operations.

Instructor Resources:

The *First Aid/CPR/AED Instructor's Manual* is required to conduct the courses that comprise the First Aid/CPR/AED program. The manual is divided into three parts:

- **Section A: Program Administration** contains information needed to conduct the courses in the First Aid/ CPR/AED program, including a program overview, instructor requirements and responsibilities, information about setting up and running courses, requirements for successful course completion and teaching strategies.
- **Section B: The Courses** contains the lesson plans. The lesson plans provide the primary points to be covered in each lesson, as well as guidelines for activities and skill sessions.
- **Section C: Appendices** includes supplemental materials to support conducting the courses in the First Aid/CPR/AED program. Many of these materials can also be accessed on Instructor's Corner.

The American Red Cross Learning Center

The American Red Cross Learning Center (LMS) provides functionality for managing and executing training and learning programming for American Red Cross Health and Safety Services programs. The Learning Center manages and tracks all Red Cross training for participants and instructors and maintains certification data.

Red Cross Instructors are required to access the Learning Center to ensure that their Instructor Profile information is current and up to date. Instructors are strongly encouraged to enter their course record information directly into the Learning Center. For information on how to access and use the Learning Center, please visit Instructor's Corner.

American Red Cross Instructor's Corner

Instructor's Corner is an instructor's resource containing program information, policies, resources and teaching tools. Instructor's Corner also contains information related to other American Red Cross programs, as well as the latest news about the Red Cross. The First Aid/CPR/AED program materials on Instructor's Corner include:

- The Instructor Bulletin
- Course fact sheets
- Recertification assessment information
- Information about reporting teaching activity
- Occupational Safety and Health Administration (OSHA) information
- Equipment information
- Documents supporting course delivery and classroom activities
- Information related to obtaining written exams and answer sheets
- Digital versions of instructor and participant course materials
- Course presentations
- Streaming video segments to support course delivery
- Administrative policies and procedures
- How-To-Guides and resources to support administrative processes
- Information about other Red Cross training and education programs
- Frequently Asked Questions about the First Aid/CPR/AED program
- About the Science sections, including expert answers to technical questions, reviews and advisories from the American Red Cross Scientific Advisory Council

Course Presentation

Two course presentations to support the First Aid/CPR/AED program are available, one to support courses that include only adult skills and one to support courses that include adult and pediatric skills.

Similar to a PowerPoint presentation, the course presentation is an in-class visual aid that is projected onto a screen or viewing area. Instructors click through the presentation slides as they progress through the lessons.

The course presentation includes lecture points, imagery and video segments, Slide references are included in the lesson plan to assist in teaching along with the course presentation. The course presentation:

- Provides visual reinforcement of key points made during lectures and guided discussions.
- Provides visual aids that support activities and scenarios
- Provides an alternate method of showing the video segments that support the course.
- Helps you deliver information in a more dynamic way by reducing dependence on the instructor's manual, and allowing you the freedom to stand up and move around during the lesson

Before conducting the course, become familiar with the presentation software and test the display of the system to be used. It is recommended that you have backup copies of the presentation in case technical difficulties occur.

Course Presentation Requirements

System Requirements:

- Adobe Reader 9
- Flash Player 8,9 for Windows and Mac
- Flash Player 9 for Linux and Solaris

Equipment Requirements:

- Laptop/desktop computer
- Power source
- Projector
- Projection screen/area
- Computer speakers

The course presentations are available to download from Instructor's Corner. The presentation is saved in PDF format. To view the presentation, save the file to your computer and double click on the PDF icon to open it. Additional directions for using the course presentation are available on Instructor's Corner.

The course presentations that support the First Aid/CPR/AED program are also available on the First Aid /CPR/AED DVD, which is available for purchase on the Red Cross Store and from Instructor's Corner. Contact Operations@cacadets.org for access to the purchased files.

Video Segments

There are two video options to support the classroom-only (instructor-led) courses – one that includes adult skills and one that includes adult and pediatric skills. Another video option supports the skill session of the blended learning course.

The video segments are an integral part of the course. Instructors are required to use the video segments because they contain important information about key concepts and skills to help ensure the course objectives are met. The courses in the First Aid/CPR/AED program cannot be conducted if the video segments are not available. They are included on the First Aid/CPR/AED DVD, which is available for purchase on the Red Cross Store and from Instructor's Corner (and from CACC Operations). The video segments are also available on Instructor's Corner for streaming.

COURSE OUTLINES

The courses in the ARC First Aid/CPR/AED program are organized into three categories: First Aid, CPR, and AED. The First Aid-only courses includes Lessons C1, C2, and C4-C8. The CPR-only course includes Lessons C1, C2, C4, and C8. The AED-only course includes Lessons C3 and C8.

Modules may be grouped to form additional course combinations (e.g. First Aid/CPR/AED, CPR/AED). In addition, courses can be customized to focus on adult skills, pediatric skills or a combination of these. When conducting a course that includes adult and child skills, you may conduct either the adult or the child skill sessions, based on the needs of the participants. The video segments and class instruction for these skills contain all the necessary information for both skills. If your course includes infant skills in combination with adult and/or child skills, you must conduct the infant skill sessions as well as the adult or child skill sessions. For courses that include only infant skills, the infant video segments must be viewed. Guidance is provided in the lesson plans relative to the requirements for conducting courses that include only adult skills, only pediatric skills, or both adult and pediatric skills.

Appendix B in the Instructor's Manual breaks down different combination options and gives estimated times for those courses.

FINAL EXAM

Written exams are not a required element of the first Aid/CPR/AED program. Written exams are provided for cases in which they are requested or required by an employer, course provider, or state or local regulations. Administer only those exams that apply to the content covered in the course:

- Before Giving Care (correctly answer 8 out of 10 questions)
- CPR – Adult (correctly answer 8 out of 10 questions)
- CPR – Child (correctly answer 8 out of 10 questions)
- CPR – Infant (correctly answer 8 out of 10 questions)
- CPR Adult, Child and Infant (correctly answer 10 out of 12 questions)
- AED (correctly answer 8 out of 10 questions)
- First Aid (correctly answer 12 out of 15 questions)

Unlike other strands, the numbering in this strand is synchronized with the American Red Cross lessons as presented in the ARC First Aid/CPR/AED program. All 3 sections are presented together here, with the A Section focusing on First Aid, B Section on CPR, and C Section on AED. They are combined into the 3 sections, though in the ARC manual, CPR and AED are presented in the middle of the First Aid Course. They may be taught in any order the instructor finds useful. The section letter and lesson number indicate the section and lesson from the CACC curriculum. The ARC Chapter number is listed for each lesson. In the ARC Instructor's Manual, the lessons are numbered slightly differently.

A. First Aid Basics

A1. Before Giving Care (ARC Participant's Manual, Chapter 1)

- Preparing for Emergencies
- Understanding Your Role in the EMS System
- Obtaining Consent to Help
- Lowering the Risk for Infection
- Taking Action: The Emergency Action Steps
- Skill: Removing Latex-Free Disposable Gloves

ESTIMATED COMPLETION TIME

31 minutes

A2. Checking an Injured or Ill Person (ARC Participant's Manual, Chapter 2)

Checking a Responsive Person

- Checking a Person Who Appears to be Unresponsive
- Skill: Checking a Responsive Person
- Skill: Checking a Person Who Appears to be Unresponsive

ESTIMATED COMPLETION TIME

35 minutes

A3. Choking (ARC Lesson 4) (ARC Participant's Manual, Chapter 4)

- Risk Factors for Choking
- Signs and Symptoms of Choking
- First Aid for Choking
- Skill: Caring for an Adult Who is Choking
- Skill: Caring for a Child Who is Choking
- Skill: Caring for an Infant Who is Choking

ESTIMATED COMPLETION TIME

21 minutes

A4. Sudden Illness (ARC Participant's Manual, Chapter 5)

- General Approach to Sudden Illness
- Respiratory Distress
- Asthma

- Allergic Reactions and Anaphylaxis
- Diabetic Emergencies
- Seizures
- Fainting
- Stroke
- Skill: Assisting with an Asthma Inhaler
- Skill: Assisting with an Epinephrine Auto Injector

ESTIMATED COMPLETION TIME

51 minutes

A5. Traumatic Injuries (ARC Participant's Manual, Chapter 6)

- Shock
- Internal Bleeding
- Wounds
- Burns
- Muscle, Bone and Joint Injuries
- Head, Neck and Spinal Injuries
- Chest Injuries
- Abdominal Injuries
- Pelvic Injuries
- Skill: Using Direct Pressure to Control External Bleeding
- Skill: Using a Commercial Tourniquet

ESTIMATED COMPLETION TIME

55 minutes

A6. Environmental Injuries and Illnesses (ARC Participant's Manual, Chapter 7)

- Exposure Injuries and Illnesses
- Poisoning
- Bites and Stings
- Rash-Causing Plants
- Lightning-Strike Injuries

ESTIMATED COMPLETION TIME

30 minutes

A7. Conclusion (ARC Participant's Manual, Chapter 8)

- Course Review
- Final Written Exam (optional)

ESTIMATED COMPLETION TIME

Course Review – 20 minutes

Final Written Exam – 35-65 minutes

B. Cardiopulmonary Resuscitation

B1. Cardiac Emergencies and Giving CPR (ARC Participant's Manual, Chapter 3)

- Heart Attack
- Cardiac Arrest
- Giving CPR
- Skill: Giving CPR to an Adult
- Skill: Giving CPR to a Child
- Skill: Giving CPR to an Infant

ESTIMATED COMPLETION TIME

47 minutes

C. Automated External Defibrillator

C1. Using an AED (ARC Participant's Manual, Chapter 3)

- Using an AED
- Working as a Team
- Skill: Using an AED

ESTIMATED COMPLETION TIME

1 hour 15 minutes

REFERENCES

American Red Cross. (2011, 2016). *First Aid/CPR/AED Instructor's Manual*. USA: StayWell.