# EMS First Responder Course No. 44050 Credit: 0.5

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| --- | --- | --- | --- |
| **Student name:** |  | **Graduation Date:** |  |

Pathways and CIP Codes: **Corrections, Security, Law, & Law Enforcement Services (43.0199) – Law Enforcement Strand; Emergency & Fire Management Services (43.0299)**; Health Science (51.9999)

Course Description: A **technical level** course designed to instruct students in the requirements and skills to obtain national certifications for First Aid/CPR or CPR/BLS and/or Emergency Medical Responder (EMR). This course provides an overview of the Emergency Medical Services System, preparatory skills for providers, first aid, CPR, the cardiovascular and respiratory systems, diagnostic signs, prevention and treatment of medical emergencies, and triage. [Course requires specialized teacher certification and/or offers professional certification and follows competencies set forth by the certifying agency.]

Directions:The following competencies are required for full approval of this course. Check the appropriate number to indicate the level of competency reached for learner evaluation.

**RATING SCALE:**

4. Exemplary Achievement: Student possesses outstanding knowledge, skills or professional attitude.

3. Proficient Achievement:Student demonstrates good knowledge, skills or professional attitude. Requires limited supervision.

2. Limited Achievement:Student demonstrates fragmented knowledge, skills or professional attitude. Requires close supervision.

1. Inadequate Achievement:Student lacks knowledge, skills or professional attitude.

0. No Instruction/Training:Student has not received instruction or training in this area.

## Benchmark 1: Identify and Describe the Emergency Medical Services (EMS) System

### Competencies

| **#** | **DESCRIPTION** | **RATING** |
| --- | --- | --- |
| 1.1 | Identify emergency care providers by level of training and responsibility (e.g. Bystander, First responder, EMT, Paramedic). |  |
| 1.2 | Describe the types of emergency medical services available locally. |  |
| 1.3 | Trace the "chain of survival" for victims of sudden illness or injury. |  |
| 1.4 | Discuss the importance of early entry into the EMS system. |  |

## Benchmark 2: Describe and Demonstrate Preparatory Skills for Emergency Medical Services (EMS) Providers

### Competencies

| **#** | **DESCRIPTION** | **RATING** |
| --- | --- | --- |
| 2.1 | Describe and demonstrate protocols in emergency management response when working with a vehicle accident. |  |
| 2.2 | Use radio equipment, computer technology, and public address/warning systems to manage emergency situations. |  |
| 2.3 | Practice response procedures used to respond to small and catastrophic incidents. |  |
| 2.4 | List local, state, and federal regulations pertaining to safety issues. |  |
| 2.5 | Describe and demonstrate proper handling of hazardous materials to manage demands of medical, fire, environmental, and technical disasters/situations when hazardous materials are present. |  |
| 2.6 | Discuss laws, ordinances, and organizational rules of conduct to perform assigned duties. |  |
| 2.7 | List responsibilities of a beginning employee in emergency, fire, and First Responder/EMR services career to understanding the emotional and physical challenges of the field. |  |
| 2.8 | Discuss possible emotional reactions that the EMS provider may experience when faced with trauma, illness, death, and dying. |  |
| 2.9 | Explain your role in keeping first aid care confidential. |  |
| 2.10 | Explain which forms your department/agency wants you to fill out after you give first aid. |  |

## Benchmark 3: Describe and Demonstrate First Aid Techniques (American Red Cross)

### Competencies

| **#** | **DESCRIPTION** | **RATING** |
| --- | --- | --- |
| 3.1 | Define first aid and describe who has the duty to give first aid. |  |
| 3.2 | Describe where to find a list of items in the first aid kit at your worksite. |  |
| 3.3 | Explain how to keep yourself safe when giving first aid, including donning and doffing personal protective equipment (PPE). |  |
| 3.4 | Explain how to keep the victim from further injury when giving first aid. |  |
| 3.5 | Describe the first aid actions for bleeding that you can see (external) and how to stop it. |  |
| 3.6 | Describe first aid actions for bleeding you can’t see (hidden external). |  |
| 3.7 | Explain when you should expect internal bleeding and first aid actions. |  |
| 3.8 | Describe the signs of and first aid actions for: Burns, bites & stings, electrocution, heat-related emergencies, cold-related emergencies, and poisoning. |  |
| 3.9 | List signs of and first aid actions for a victim with head, neck, and spine injury. |  |
| 3.10 | Explain the first aid actions for broken bones and sprains. |  |

## Benchmark 4: Understand and Demonstrate CPR Sequences (American Red Cross)

### Competencies

| **#** | **DESCRIPTION** | **RATING** |
| --- | --- | --- |
| 4.1 | Mastery performance of adult CPR sequences (e.g. one-rescuer CPR, two-rescuer CPR, unconscious foreign body airway obstruction, conscious foreign body airway obstruction, rescue breathing, recovery position, FBAO on pregnant or obese) |  |
| 4.2 | Mastery performance of child CPR sequences (e.g. one-rescuer CPR, two-rescuer CPR, unconscious foreign body airway obstruction, conscious foreign body airway obstruction, rescue breathing, recovery position) |  |
| 4.3 | Mastery performance of infant CPR sequences (e.g. one-rescuer CPR, unconscious foreign body airway obstruction, conscious foreign body airway obstruction, rescue breathing, recovery position) |  |
| 4.4 | Mastery performance of special procedures (e.g. jaw thrust maneuver, cricoid pressure, AED usage, patient ventilation with a BVM) |  |

## Benchmark 5: Describe and Explain the Cardiovascular and Respiratory Systems

### Competencies

| **#** | **DESCRIPTION** | **RATING** |
| --- | --- | --- |
| 5.1 | List the parts of the cardiovascular system. |  |
| 5.2 | Explain the function/interrelationship of the parts of the cardiovascular system. |  |
| 5.3 | Trace the path of blood through the body. |  |
| 5.4 | Describe the process by which food and oxygen are delivered to cells. |  |
| 5.5 | Describe the heart's electrical system. |  |
| 5.6 | Explain the role of the brain in cardiac function. |  |
| 5.7 | List the parts of the respiratory system. |  |
| 5.8 | Explain the function/interrelationship of the parts of the respiratory system. |  |
| 5.9 | Explain the role of the brain in respiratory function. |  |
| 5.10 | Describe the interrelationship of the cardiovascular and respiratory systems in basic life support. |  |
| 5.11 | Explain the use of CPR as basic life support. |  |
| 5.12 | Correlate techniques used in CPR with structure and function of the cardiovascular and respiratory systems (e.g. methods to open the airway, artificial ventilation, proper hand positioning, rates and ratios for CPR sequences, obstructed airway procedures, step CPR sequence). |  |

## Benchmark 6: Identify and Describe Diagnostic Signs

### Competencies

| **#** | **DESCRIPTION** | **RATING** |
| --- | --- | --- |
| 6.1 | List the seven diagnostic signs (level of consciousness, respiration, pulse, blood pressure, skin color, temperature and moisture, pupillary response). |  |
| 6.2 | Describe the normal value, range, or condition for each diagnostic sign. |  |
| 6.3 | Describe techniques used to assess each diagnostic sign. |  |
| 6.4 | Describe the diagnostic signs for a patient in respiratory arrest. |  |
| 6.5 | Describe the diagnostic signs for a patient in cardiac arrest. |  |

## Benchmark 7: Click or tap here to enter text.

### Competencies

| **#** | **Description** | **RATING** |
| --- | --- | --- |
| 7.1 | Identify signs and symptoms of common medical emergencies (e.g. Heart attack, Stroke, Congestive heart failure, Diabetic emergencies, Seizures, Shock). |  |
| 7.2 | Describe treatment procedures for common medical emergencies (e.g. Heart attack, Stroke, Congestive heart failure, Diabetic emergencies, Seizures, Shock). |  |
| 7.3 | List the risk factors for common cardiovascular emergencies (heart attack, stroke). |  |
| 7.4 | Suggest prevention strategies for common cardiovascular emergencies (heart attack, stroke). |  |
| 7.5 | Identify signs and symptoms of airway obstruction. (e.g. Anatomical obstruction (tongue), Foreign body, Physiological (asthma, anaphylaxis, croup). |  |
| 7.6 | Describe treatment procedures for airway obstruction (e.g. Anatomical obstruction (tongue), Foreign body, Physiological (asthma, anaphylaxis, croup). |  |
| 7.7 | List risk factors for airway obstruction. (e.g. Anatomical obstruction (tongue), Foreign body, Physiological (asthma, anaphylaxis, croup). |  |
| 7.8 | Suggest prevention strategies for airway obstruction. (e.g. Anatomical obstruction (tongue), Foreign body, Physiological (asthma, anaphylaxis, croup). |  |
| 7.9 | Identify signs and symptoms of common environmental emergencies (e.g. Drowning, Electric shock, Poisoning, Fracture, wounds and bleeding, Heat and cold emergencies, Burns, Shock). |  |
| 7.10 | Describe treatment procedures for common environmental emergencies (e.g. Drowning, Electric shock, Poisoning, Fracture, wounds and bleeding, Heat and cold emergencies, Burns, Shock). |  |
| 7.11 | List risk factors for common environmental emergencies. |  |
| 7.12 | Suggest prevention strategies for common environmental emergencies. |  |

## Benchmark 8: Identify, Describe, and/or Demonstrate Patient Assessment, Triage, and Treatment Simulations

### Competencies

| **#** | **Description** | **RATING** |
| --- | --- | --- |
| 8.1 | Define triage. |  |
| 8.2 | Classify patients according to triage guidelines based on a list of presenting signs and symptoms. |  |
| 8.3 | Select appropriate treatment strategies for individual patients based upon assessment findings (e.g. maintain airway, rescue breathing, CPR). |  |
| 8.4 | Describe the signs and symptoms of a victim with a severe allergic reaction and the medical provider’s response. |  |
| 8.5 | Assess, prioritize, and describe treatment of patients in a multiple person/injury scenario. |  |

I certify that the student has received training in the areas indicated.

Instructor Signature:

For more information, contact:

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