

## CPR / FIRST AID

### Objective:

This session provides introductory level information on CPR and first aid for the types of accidents and injuries that can occur during normal maintenance and construction activities. (8 hours)

### Cardiopulmonary Resuscitation (CPR)

- I. Instructor Introduction
- II. Causes of Sudden Death
- III. Good Samaritan Law
- IV. When you can stop CPR
- V. Risk Factors that cannot be Changed
- VI. Risk Factors that can be Changed
- VII. Types of Attacks
  - A. Angina
  - B. Myocardial Infarction (M.I. Heart Attack)
  - C. Stroke
- VIII. The A, B, C's of CPR
- IX. Initial Assessment and Scene Survey
- X. Obstruction of Airway (Adult)
- XI. One person CPR (Adult)
- XII. Two Person CPR (Adult)
- XIII. CPR 1-8 years (Child)
- XIV. CPR Birth-1 year (Infant)
- XV. CPR Practice
  - A. Adult

- B. Child
- C. Infant

## FIRST AID

- I. Instructor Introduction
- II. Basic First Aid Book from American Safety Health Institute
- III. Emergency Response
- IV. General Principles of Triage
- V. Head-to-Toe Exam
- VI. Standard Precautions & BSI
- VII. Bleeding Emergencies
- VIII. Shock/Signs and General Information
- IX. Burn Care/General Information
  - A. Electrical Burns
  - B. Chemical Burns
  - C. Smoke Inhalation
  - D. First Aid for Thermal Burns
- X. First Aid Care for Strains and Sprains
- XI. Dislocations and Fractures/Signs and Symptoms/First Aid Care
- XII. Head, Neck or Spinal Injury
- XIII. Medical Emergencies/Sudden Illness
  - A. Asthma
  - B. Diabetic Emergency
  - C. Seizures
  - D. Severe Allergic Reaction
  - E. Stroke
  - F. Poisoning
  - G. Poisonous Plants
  - H. Food borne Illness
  - I. Bites and Stings

XIV. Heat or Cold Related Emergencies

XV. Specific Body Injuries and Care

XVI. Supplemental Splinting Information

XVII. Review

A. Questions and Answers

B. Written Test

## CPR/ First Aid Quiz

Name \_\_\_\_\_

Date \_\_\_\_\_

Circle the correct answers

1. The proper treatment for a victim of a snakebite is:
  - a. Cut the victim
  - b. Suck out the poison
  - c. Apply a tourniquet
  - d. Calm the victim, lower the leg, arm, etc. and get them to a medical facility.
  
2. When you first come upon an unconscious victim, you should:
  - a. Slap them rally hard to see if you can wake them
  - b. Check for unconsciousness, look, listen and feel; give two breaths if necessary and check for a pulse
  - c. Look in their ear for any fluid, blood, etc.
  - d. Read them their last rites
  
3. When giving the breaths of an unconscious victim, you should:
  - a. Give two slow but full breaths while pinching the nose
  - b. Quickly give two breaths as fast as you can
  - c. Give one short and quick breath
  - d. Give one breath then check the pulse and give the second breath
  
4. The proper treatment to control bleeding is:
  - a. Direct pressure
  - b. Elevate
  - c. Pressure point
  - d. All of the above
  
5. The signs and symptoms of shock are:
  - a. Pale, moist skin
  - b. Rapid, weak pulse
  - c. Thirsty, irritable and nauseated
  - d. All of the above

**CPR/ First Aid**  
**Quiz (Answer sheet)**

Name \_\_\_\_\_

Date \_\_\_\_\_

Circle the correct answers

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