

J. Sargeant Reynolds Community College
Course Content Summary

Course Prefix and Number: HLT 106

Credits: 2

Course Title: First Aid and Safety

Course Description (including lecture hours, lab hours, total contacts)

Focuses on the principles and techniques of safety and first aid. Lecture 2 hours per week.

General Course Purpose

The course will allow for individuals to administer basic first aid for minor injuries occurring in patients and to know how to triage the level of care needed for the situation.

Course Prerequisites/Corequisites (*Entry-level competencies **required** for enrollment*):
none

Course Objectives (Each item should complete the following sentence.)

Upon completing the course, the student will be able to:

- a. state the values and reasons for first aid training.
- b. outline the procedures for a proper victim evaluation.
- c. describe the first aid procedures for shock.
- d. understand the procedures for conscious and unconscious choking victims, poisoning victims, victims of drug abuse, burn victims, victims of frostbite, cold exposure, heat stroke, heat cramps and heat exhaustion, sprains, strains, dislocations, fractures, and specific injuries of the body.

Major Topics to be Included

- a. Safety Procedures and Prevention of Accidents
- b. Victim Evaluation
- c. Wounds
- d. Specific Injuries
- e. Shock
- f. Choking
- g. Poisoning
- h. Drugs and Overdose
- i. Burns
- j. Frostbite and Cold Exposure
- k. Heat Stroke, Heat Cramps, Heat Exhaustion
- l. Sudden Illness
- m. Dressings and Bandages
- n. Bone and Joint Injuries

Effective Date of Course Content Summary (Month, Date Year): August 1, 2008