

Linn-Benton Community
College
6500 Pacific Blvd SW
Albany, OR 97321

Instructor:
Cindy Falk

Class Location:
AC 127
T/R 11:00 a.m. -12:20 p.m.

Credits:
3

E-mail:
falkc@linnbenton.edu

Message phone:
541.917.4240

Office Location:
AC 111

Office Hours:
M 2:00-2:50 p.m.
TR 10:00-10:50 a.m.
or
By appointment

Course Description
Presents first aid and CPR instruction and practice in skills that enable students to provide care for themselves and others in the event of an accident or illness.

ADA
If you feel you need academic adjustments for any type of disability, please see me in my office during my office hours or contact Disability Services at 917.4789.

DISCRIMINATION
LBCC prohibits unlawful discrimination based on race, color, religion, ethnicity, use of native language, national origin, sex, sexual orientation, marital status, disability, veteran status, age, or any other status protected under applicable federal, state, or local laws.

HE 252 - First Aid
CRN: 41998 Spring 2012

TEXT and Supplies:

First Aid, Responding to Emergencies 4th Edition - required
Ambu Res-cue Mask - optional
Materials for note taking - required

COURSE OBJECTIVES: This course is designed to teach students to recognize and respond to emergencies. It will also prepare students to make appropriate decisions regarding first aid actions and to act on those decisions. Upon completion of the class, students will be able to:

Recognize an emergency has occurred
Follow emergency action steps
Provide care for an injury or sudden illness until professional help arrives

POSSIBLE CERTIFICATIONS:

American Red Cross FIRST AID card

Students must be regularly attending class – a card WILL NOT be issued if a student misses class days in which videos are being watched or skills are demonstrated and evaluated.

Students must successfully complete and demonstrate competency in a series of practical exams including bandaging, splinting, bleeding control, and spinal stabilization.

Students MUST successfully complete a written American Red Cross First Aid exam with an 80%.

This card is valid for 3 years.

American Red Cross CPR card

Students must be regularly attending class – a card WILL NOT be issued if a student misses class days in which videos are being watched or skills are demonstrated and evaluated.

Students must successfully demonstrate a series of skills including rescue breathing, CPR, choking, the use of a pocket mask and glove removal.

Students MUST successfully complete a written American Red Cross exam scoring an 80% in each test area. Section 1 of the exam MUST BE passed in order to receive any card.

This card is valid for 1 year.

EVALUATION AND GRADING:

Attendance and participation	95 points (5 per day)
Class Assignments	20 - 50 points (will vary)
Practical Skills	90 points
CPR – adult, child, infant	
Rescue Breathing – child, infant	
Choking – adult, child, infant	
First Aid	
Bandaging	
Splinting	
Written quizzes and exams	150 points
Midterm - CPR component	
Final – First Aid component	
ARC Certification Exams	<u>80 points</u> (<u>REQUIRED</u> for those students wishing card)

GRADING SCALE:

90% - 100%	= A
80% - 89%	= B
70% - 79%	= C
60% - 69%	= D
> 59%	= F

DATES TO REMEMBER:

Thursday, April 19	NO CLASSES – Inservice
Friday, April 13	Last day to drop or add classes
Monday, May 28	NO CLASSES – Memorial Day
M – W, June 11-13	FINALS (TUESDAY, 12:30 – 2:20 in AC 127)

RISK AND RELEASE DOCUMENT:

A signed risk and release form is required for participation in this class.

CLOTHING:

Wear comfortable clothing. As we get into skills practice, many will be done on the floor.

CARDS WILL BE MAILED AFTER THE FINAL EXAM IS PASSED

FIRST AID – Spring 2012

April	3	4
Syllabus Chapter 1 – If Not You, Who?		Chapter 2 – Responding to an Emergency Chapter 3 – Before Providing Care
	10	12
Chapter 4 – Body Systems Chapter 5 – Checking the Victim		Practice Checking the Victim Chapter 6 – Breathing Emergencies – Adult, Child conscious choking
	17	19
Chapter 6 – Breathing Emergencies – choking, RB Chapter 7 – Cardiac Emergencies – Uncons. Choking		NO CLASSES – Staff Inservice
	24	26
Practice RB, airway obstruction, CPR		Practice RB, airway obstruction, CPR
May	1	3
Practice RB, airway obstruction, CPR (INFANTS)		Practice RB, airway obstruction, CPR ARC Certification EXAM: CPR – Adult, Child, Infant
Chapter 8 – Bleeding: Skills check – Bleeding control Chapter 9 – Shock	8	10
MIDTERM EXAM – Written: Chapters 1–7 CPR		Chapter 10 – Soft tissue injuries Skills check – Bandaging: Forearm, Ankle, Lower Leg, Embedded (impaled) Object
Chapter 10 – Soft tissue injuries – Burns Chapter 11 – Musculoskeletal injuries Chapter 12 – Injuries to extremities– Splinting Skills check – Forearm, Upper Arm, Hand	15	17
		Skills check – Splinting: Bent Elbow, Straight Elbow, Leg, Ankle
	22	24
Chapter 13 – Injuries to head, neck, back Skills check – Stabilization, Bandaging: Scalp, Jaw, Eyes/Ears		Chapter 14 – Injuries to chest, abdomen, pelvis Skills check – Rib EXAM: Chapters 8–14
	29	31
Chapter 15 – Sudden Illness Chapter 16 – Poisoning Chapter 17 – Bites and Stings		Chapter 18 – Substance Abuse Chapter 19 – Heat and Cold Chapter 20 – Reaching and Moving Victims
June	5	7
Chapter 21 – People with Special Needs Chapter 23 – Delayed help situations EXAM Chapters 15–19		ARC Certification EXAM: FIRST AID – Chapters 8–22
	20	
FINAL 12:30 – 2:20		

FIRST AID

LINN-BENTON COMMUNITY COLLEGE
INFORMED ACKNOWLEDGMENT OF HAZARDS AND RISKS
LIABILITY WAIVER & INDEMNIFICATION FORM

PLEASE READ CAREFULLY BEFORE SIGNING

WARNING OF RISKS

Participation in any **Physical Fitness, Exercise or Weight Training** class may involve injury of some type to either yourself or a fellow student. Such injury can include direct physical and possible crippling injury to one's body and the possibility of emotional injury experienced as a result of witnessing or actually accidentally inflicting injury to another. The severity of such injury can range from a minor injury to complete paralysis, or even death. Such injury can impair one's general physical and mental health and hinder one's future ability to earn a living and generally to enjoy life.

Injuries in a **Physical Fitness, Exercise or Weight Training** class can occur and you are encouraged to have a complete physical examination prior to attending class if you have any health problems or considerations due to injury, illness or age or a history of heart disease or high blood pressure, respiratory problems, skeletal or muscular injuries or ailments or are 30 lbs or more over your recommended weight based on a standard weight chart. Risks that may be encountered may include cardiac or respiratory distress; bone or joint injuries; back or muscle injury; slipping, tripping or falling; lifting, twisting, straining, spraining or breaking an appendage; or other trauma or injury. Injuries may result from the correct or incorrect performance of techniques or equipment used in class, from misfit or worn equipment, from the administration of first aid, from failing to follow training, safety or other rules. This list is non-exhaustive and is provided by way of illustration of risks or injuries that may be incurred.

The purpose of this WARNING is to bring your attention to the existence of potential dangers associated with participation in this class and to aid you in making a voluntary and informed decision as to whether you (or your child or ward) should participate in this class or activity. As a student or a parent/guardian of a student, it is your responsibility to learn about and/or to inquire of teachers, physicians, attorneys or other knowledgeable persons about any concerns that you might have at any time regarding student safety and the safety of this class or club activity. You may seek legal counsel before signing this form. If you decide to participate, by your signature you hereby agree to indemnify and hold harmless Linn-Benton Community College including its officers, employees and agents against any/all claims, damages, demands, liabilities and costs incurred including attorney's fees, which might be made by the undersigned or any third party as a result of damage, injury or death suffered. This agreement shall be binding upon the heirs, successors and assigns of the undersigned. I understand and acknowledge that signing this agreement severely limits my legal rights, and as such, I have been encouraged above to seek legal counsel before signing.

PARENT/LEGAL GURDIAN (if student is under 18 years of age): I have read the above WARNING and I understand that this class may potentially involve the RISK OF INJURY OR DEATH and that by permitting my child/ward to participate in this class they may be subject to the possibility of injury or death. I acknowledge that I do understand the contents of this form and I voluntarily choose to permit my child/ward to participate and by my signature do hereby release, indemnify and hold the college, its officers, employees and agents harmless from any claims, damages, demands, liabilities and costs incurred including attorney's fees. **I understand and acknowledge that I have been encouraged to seek legal counsel before signing this document and that by signing this form I am severely limiting my legal rights.** A complete copy of this form will be provided to me upon request.

(Parent/Guardian's Signature) _____ Date _____

STUDENT: I HEREBY ACKNOWLEDGE THAT I HAVE READ AND DO UNDERSTAND THE ABOVE INFORMATION AND WARNING OF RISKS and that I voluntarily choose to participate and that I intend to learn and follow all safety procedures. **I understand and acknowledge that I have been encouraged to seek legal counsel before signing this document and that by signing this form I am severely limiting my legal rights.** A complete copy of this form will be provided to me upon request.

(Student Signature) _____ Date _____

IF STUDENT IS UNDER 18 YEARS OF AGE, MUST BE SIGNED BY A PARENT/GUARDIAN