



FIRST AID AND SAFETY

UNIT 1: SAFETY & INJURY PREVENTION

- **Section 1.1: Personal Health**
- **Section 1.2: Personal Safety**
- **Section 1.3: Preparedness**

Learning Objectives

- Analyze your personal health, identify areas for improvement, and determine steps to make needed changes.
- Identify various pathogens and some diseases they cause.
- Differentiate between direct and indirect transmission of disease.
- Explain healthy hygiene practices and their importance to avoiding illness.
- Distinguish between non-controllable and controllable risk factors.
- Analyze your personal risk factors.
- Differentiate the difference between environmental and lifestyle factors.
- Determine risk factors of specific safety scenarios, predict possible outcomes, and report how to avoid danger
- Examine an accident and analyze the accident chain
- Identify precautions to avoid becoming a victim of violence
- Identify potential hazards in your home and how to avoid injury
- Identify safety precautions necessary when outdoors.
- Name and describe four parts of the disaster cycle
- Identify three ways to be better prepared for emergencies
- Compare and contrast the differences and similarities between prevention and mitigation
- Identify three types of emergencies and give examples of each
- Develop a family plan to initiate in case of an emergency
- Create a disaster readiness plan by locating emergency items and identifying needed supplies with their cost.



UNIT 2: BASIC FIRST AID

- **Section 2.1: Emergencies & Disasters**
- **Section 2.2: Introduction to First Aid**
- **Section 2.3: Rules & Procedures**
- **Section 2.4: Assessing the Victim**

Learning Objectives:

- Identify how to be prepared for an earthquake and a hurricane
- Describe what to do to stay safe in an earthquake
- Evaluate the need to evacuate in a hurricane
- Understand the difference between a tornado watch and a tornado warning
- With the help of a parent or teacher analyze which natural disasters may be most likely to occur in their area
- Identify safety measures that can be taken to prevent house fires
- Create a fire escape plan for their home or apartment
- Discuss how and why to properly maintain a smoke detector
- Explain what to do if found in a situation with an active shooter
- Analyze whether to run, hide, or fight depending on the circumstances in an active shooter scenario
- Recognize that to run would be better than to hide and to hide would be better than to fight, if possible during an active shooter situation
- Research natural disasters in history, its effects, the response, and possible future mitigation
- Describe what first aid is
- Identify ten items that would commonly be found in a first aid kit
- Explain the role of Emergency Medical Services (EMS) in a community
- Develop an emergency plan that includes escape plans, meeting places, and emergency contact information
- Explain what a good Samaritan law means



- Identify three things that a reasonable and prudent responder would do
- Describe what constitutes consent
- Explain three ways that a person can be exposed to disease while giving first aid
- Identify three ways that a person can protect oneself from disease exposure while giving first aid
- Demonstrate removal of gloves
- Recognize that a scene is safe
- List five circumstances in which the responder should activate the local EMS
- Explain when it would be appropriate to move a victim
- Research volunteer opportunities and design campaign poster to recruit volunteers
- Demonstrate how to perform a head to toe assessment
- Remember five questions to ask to identify the problem
- Analyze data received in an assessment to identify life threatening situations
- Demonstrate how to check an unconscious victim, a conscious victim, and the recovery position.

UNIT 3: MUSCLE & SKELETAL INJURIES

- **Section 3.1: Muscle Injuries**
- **Section 3.2: Skeletal Injuries**

Learning Objectives:

- Identify the signs of a sprain and dislocation
- Demonstrate proper care of a sprain or dislocation
- Demonstrate how to buddy tape a finger
- Verbalize the need to receive medical care for a dislocation
- Define muscle strain and identify first aid actions
- Identify signs of heat cramps, recognize heat cramps as an emergency condition and list steps to take to care of this condition



- Identify when a contusion may be a serious medical emergency and discuss how to care for this condition
- Explain first aid care for a musculoskeletal injury using the acronym RICES
- Demonstrate how to use an elastic bandage to wrap a joint
- Discuss how to properly apply ice to an injury
- Demonstrate how to correctly bandage an ankle
- Explain the types of splint and five guidelines for splinting a bone or joint injury
- Explain when a spinal cord injury should be suspected
- Verbalize the importance of calling EMS any time a head, neck, or back injury is suspected
- Discuss the need to minimize movement of the head, neck, and back after serious injury
- Explain when to suspect a concussion or other head injury
- Verbalize the importance of seeking medical care any time a head injury is suspected
- List five safety measures to prevent head injury
- Classify the various types of skeletal fracture
- Define basic first aid measures for fractures
- Demonstrate how to correctly stabilize the spine, splint an injured bone or joint (ankle, knee, wrist or forearm) and apply a sling and binder

UNIT 4: SOFT TISSUE INJURIES

- **Section 4.1: Cuts & Contusions**
- **Section 4.2: Hot & Cold Emergencies**
- **Section 4.3: Bites, Stings, & Allergic Reactions**

Learning Objectives:

- Explain how to care for minor open wounds
- Demonstrate how to stop bleeding from a laceration
- Identify minor wounds requiring treatment by a healthcare professional
- Explain the difference between an open and closed wound
- Describe first aid care for closed wounds
- Discuss when to suspect internal bleeding



- Describe first aid care for an amputation
- Explain why tourniquets should be used only as a last resort
- Describe first aid considerations for puncture wounds
- Describe how to care for an eye injury
- Explain care for a nosebleed
- Identify proper care for a tooth injury
- Create a brochure highlighting local community resources to learn more about safety and first aid
- Understand the different types of burns
- Explain basic first aid treatment for the different types of burns
- List burn prevention measures
- Name and describe the degrees of burns and their physical characteristics
- Understand treatment for each degree of burn
- Decide when emergency medical care is necessary
- Identify when a heat-related medical emergency exists
- Explain when a person would be at risk for a heat-related medical emergency
- Demonstrate how to give care for a person with a medical emergency
- Explain how to prevent a cold emergency
- Identify first aid actions for caring for frostbite and hypothermia
- Identify potential burn dangers in a household and explain treatment and prevention
- Explain how to care for a snake, animal, or human bites
- Identify what animals are at risk for spreading rabies
- Identify a life-threatening allergic reaction called anaphylaxis
- Explain how to treat a minor allergic reaction
- Explain when to call 911 or the local emergency number for an allergic reaction
- Identify the signs of a serious sting or bite injury
- Explain first aid care for an insect, spider, or scorpion bite or sting



- Identify when a breathing emergency is serious
- Demonstrate how to care for a person with a breathing emergency
- Identify local animals and insects that may pose a threat. Research treatment protocol and when medical care is necessary

UNIT 5: LIFE THREATENING EMERGENCIES

- **Section 5.1: CPR, AED, & Choking**
- **Section 5.2: Stroke & Heart Attack**
- **Section 5.3: Other Emergencies**

Learning Objectives:

- Recall the steps for performing CPR
- Recite what C-A-B stands for (Compressions, Airway, Breathing)
- Differentiate between adult, child, and infant CPR
- Describe the purpose of an Automated External Defibrillator
- Demonstrate how to give abdominal thrusts to a choking adult or child
- Identify when to give chest thrusts to a choking adult or child
- Demonstrate how to give back slaps and chest thrusts to a choking infant
- List the modifications to regular CPR when giving CPR to an unconscious choking victim
- Identify the signs of a heart attack
- Describe the first aid care for chest pain
- Identify the signs of a stroke
- Describe the first aid care for a stroke
- Explain the risk factors for strokes and heart attacks and discuss prevention efforts for these diseases
- Create an advertisement to promote a community medical clinic and the conditions they treat
- Identify the signs of a diabetic emergency
- Explain how to treat a diabetic emergency, identifying that the person needs sugar



- Discuss first aid care for a person who has fainted
- Identify that fainting is not a medical emergency, but may require first aid care
- Identify what a seizure is and recognize signs of a seizure
- Demonstrate proper care for someone having a seizure
- Discuss at least three different causes of a seizure
- Research a medical career and the requirements to work in the field.