

PLEASANTON PD

FA/CPR/AED REFRESHER COURSE

COURSE GOAL:

This course will provide the trainee with current updates and re-certification for First Aid, CPR and AED deployment and use. The trainee will develop the necessary knowledge and skills to safely and effectively perform First Aid, CPR and AED deployment.

The course consists of hands-on/practical skills training for in-service officers. The training will be presented in a 8 hour format allowing for flexibility based upon specific agency or trainee group needs, and as long as the minimum topics are contained within each format independently.

Minimum Topics/Exercises:

1. Officer Welfare and Safety
2. High Quality CPR Techniques
3. AED Function and Deployment
4. Mandated Updates
5. Equipment used in the field - gloves, BVM, AED, etc.
6. First Aid to include Tourniquet application
7. Blood Borne Pathogens and Protocols for Exposure
8. ATD Exposure and Precautions
9. Mandated Updates
10. Equipment and Naloxone

COURSE OBJECTIVES:

The student will:

1. Demonstrate knowledge of CPR and AED use.
2. Discussion of crowd control/assistance upon arriving at an incident.
3. Discussion of assisting/preparing for LPFD prior to their arrival.
4. Demonstrate knowledge of First Aid
5. Discussion of safety techniques and practices when addressing BBP and ATD.

Minimum standards of performance shall be tested by an instructor observing the trainee during their performance of each technique and exercise. If the trainee does not meet minimum standards, as established by the presenter, remediation will be provided until the standard is met.

PLEASANTON PD FA/CPR/AED REFRESHER COURSE

I. LEARNING NEED – EMS

Peace officers must recognize they have a responsibility to act in good faith and to provide emergency medical services (EMS) to the best of their abilities and within the scope of their training.

LEARNING OBJECTIVES

- A. Discuss the components of the EMS system to include:
 - 1. EMS access
 - 2. Interaction with other EMS personnel
 - 3. Local EMS and trauma systems
- B. Identify the primary responsibilities of peace officers as EMS first responders and at an emergency including:
 - 1. Safety
 - i. Exposure to chemical, biological, radiological, or nuclear (CBRN) substances and scene safety
 - 2. Scene size-up
 - 3. Law enforcement actions
 - 4. Assessment and care of victims
- C. Identify the links of the chain of transmission of infectious pathogens
- D. Recognize first aid equipment and precautions peace officers may utilize to treat others and to ensure their own personal safety when responding to an emergency including:
 - 1. Types and levels of Personal Protective Equipment (PPE) used to accomplish Body Substance Isolation (BSI)
 - i. Removal of contaminated gloves
 - 2. Decontamination considerations
 - 3. Aerosol Transmissible Diseases (ATD)
- E. Identify conditions under which a peace officer is protected from liability when providing emergency medical services

II. LEARNING NEED – PRIMARY ASSESSMENT

Peace officers must be able to assess the immediate condition an adult and pediatric victim, a fellow officer, or themselves prior to beginning any form of medical care.

LEARNING OBJECTIVES

- A. Demonstrate appropriate actions to take during a primary assessment for assessing both a conscious and unconscious victim:
 - 1. Responsiveness
 - 2. Airway
 - 3. Breathing
 - 4. Circulation
- B. Demonstrate appropriate actions to take during a secondary assessment for both a conscious and unconscious victim:

PLEASANTON PD

FA/CPR/AED REFRESHER COURSE

1. Vital signs
 2. Head-to-toe assessment
 3. Patient history
- C. Identify assessment criteria for establishing priorities when assessing multiple victims at a single scene
1. Nature of mass casualty incident
 2. Severity of injuries when triaging victims
 3. Determining resources available (LPFD/CalStar Etc.)
- D. Recognize conditions under which an injured victim should be moved from one location to another
1. Emergency situation dictating victim removal
 2. Location of new casualty collection point
 3. Directing victim access to higher quality of care
- E. Recognize proper procedures for moving a victim to include:
1. Shoulder drag
 2. Lifts and carries which may include using:
 - i. Soft litters
 - ii. Manual extractions including fore/aft, side-by-side, shoulder/belt

III. LEARNING NEED – CPR/AED/CHOKING

Peace officers may be required to provide basic life support for a victim, fellow officer, or themselves until additional medical services become available.

LEARNING OBJECTIVES

- A. Identify the components of the Chain of Survival
- B. Demonstrate Cardiopulmonary Resuscitation (CPR) for adults, children, and infants, following current American Heart Association (AHA) Guidelines for CPR and Emergency Cardiovascular Care (ECC) at the Healthcare provider level including:
1. Ventilation duration
 2. Pulse location
 3. Compression depth
 4. Compression rate
 5. Compression-to-ventilation ratio (one-person CPR)
 6. Compression-to-ventilation ratio (two-person CPR)
 7. Automated External Defibrillator (AED)
- C. Discuss Basic Automated External Defibrillator (AED) operation to include:
1. Special considerations
 2. Troubleshooting
- D. Recognize circumstances under which a victim's airway should be opened by using:
1. Head-tilt/chin-lift maneuver
 2. Jaw-thrust maneuver
- E. Identify the difference between a mild and severe airway obstruction
- F. Demonstrate procedures for clearing an obstruction from the airway of a conscious and unconscious:
1. Adult

PLEASANTON PD
FA/CPR/AED REFRESHER COURSE

2. Child
 3. Infant
 4. Pregnant or obese individual
- G. Discuss rescue breathing techniques including:
1. Mouth-to-mouth
 2. Pocket mask or other barrier devices
 3. Bag valve mask
- H. Discuss the recovery position

IV. LEARNING NEED – BLEEDING CONTROL

Peace officers may be required to provide basic life support for a victim, fellow officer, or themselves until additional medical services become available.

LEARNING OBJECTIVES

- A. Discuss bleeding control techniques to include:
1. Direct pressure/pressure dressings
 2. Tourniquet
 3. Types of hemostatic dressings and packing the wound
- B. Demonstrate the general guidelines for controlling bleeding from an open wound
1. Recognize the first aid treatment for traumatic injuries including:
 - a. Impaled objects
 - b. Amputations
- C. Recognize the signs and symptoms of shock
1. Discuss first aid measure to treat shock including the importance of maintaining normal body temperature
 2. Demonstrate first aid measures to treat shock

V. LEARNING NEED – TRAUMATIC INJURIES

Peace officers are often first to respond to the scene of a traumatic incident. They must be capable of activating the EMS system, and providing appropriate first aid to victims, a fellow officer, or themselves of traumatic injuries.

LEARNING OBJECTIVES

- A. Recognize indicators of a possible head injury
- B. Recognize the appropriate first aid measures for treating facial injuries to include:
1. Objects in the eye
 2. Chemicals in the eye
 3. Dental emergency
 4. Nose bleed
- C. Recognize appropriate first aid measures for treating open and closed injuries to the:
1. Chest
 2. Chest seals and dressings
 - a. Abdomen

PLEASANTON PD FA/CPR/AED REFRESHER COURSE

- D. Recognize appropriate first aid measures for internal bleeding
- E. Identify appropriate first aid measures for treating injuries or wounds to the bones, muscles, soft tissues, or joints
- F. Recognize appropriate first aid measures for treating injuries to the head, neck, and back including:
 - 1. Spinal immobilization
- G. Recognize appropriate first aid measures for treating:
 - 1. Thermal burns
 - 2. Chemical burns
 - 3. Electrical burns
 - 4. Radiation burns
- H. Discuss tactical and rescue first aid principles when responding to violent circumstances (e.g. active shooter)
 - 1. Movement to threat versus casualty care
 - 2. Integration with EMS
 - 3. Tactical casualty care
- I. Determining treatment priorities
 - 1. Circulation
 - 2. Airway
 - 3. Breathing
 - 4. Self-care/buddy-care

VI. LEARNING NEED – MEDICAL EMERGENCIES

Peace officers must be able to provide basic first aid measures for a number of medical emergencies and conditions they may encounter.

LEARNING OBJECTIVES

- A. Recognize indicators of, and first aid measures for, a victim experiencing:
 - 1. Cardiac emergency
 - 2. Respiratory emergencies including asthma and Chronic Obstructive Pulmonary Disease (COPD)
 - 3. Drowning
 - 4. Seizure
 - 5. Stroke
 - 6. Altered mental status
 - 7. Severe abdominal pain
 - 8. Allergic reactions and anaphylaxis
 - a. Accessing EMS
- B. Identify signs and symptoms of psychological emergencies
- C. Differentiate between indicators and first aid measures for treating diabetic emergencies:
 - 1. Low blood sugar (hypoglycemia) including assisted oral glucose administration
 - 2. High blood sugar (hyperglycemia)
- D. Recognize appropriate first aid measures for a victim experiencing signs of:
 - 1. Poisons that have been ingested, inhaled, absorbed, or injected
 - a. Poison control system access

PLEASANTON PD
FA/CPR/AED REFRESHER COURSE

2. Alcohol and/or drug-related emergencies including:
 - a. Assisted Naloxone administration
 - b. Accessing EMS
- E. Differentiate between the indicators and first aid measures for treating
 1. Hypothermia and frostbite
 2. Heat cramps, heat exhaustion and heat stroke
- F. Recognize appropriate first aid measures for:
 1. Insect bites and stings
 2. Animal and human bites

VII. LEARNING NEED – CHILD BIRTH

Peace officers must have a basic understanding of first aid measures to assist before, during and after childbirth in an emergency situation.

LEARNING OBJECTIVES

- A. Recognize the signs of imminent birth
- B. Recognize appropriate first aid measures for each of the following emergency situations that may occur in childbirth:
 - a. Excessive vaginal bleeding
 - b. Newborn fails to breathe

PLEASANTON PD

FA/CPR/AED REFRESHER COURSE

REQUIRED TESTS

- A. Written Test
- B. An exercise test that requires the student to demonstrate competency in the following skills:
 - 1. Assesses victim
 - 2. Activates emergency response system
 - 3. Checks for pulse
 - 4. Delivery of high-quality CPR
 - 5. Provides effective breaths
 - 6. Automated External Defibrillator (AED) operation

REQUIRED LEARNING ACTIVITIES

- A. A learning activity that requires the student to conduct a primary assessment. The primary assessment shall minimally include:
 - 1. Primary assessment
 - 2. Check for responsiveness
 - 3. Check pulse
 - 4. Check airway
 - 5. Check for breathing
- B. A learning activity that requires the student to demonstrate the following basic life support techniques:
 - 1. Clearing an obstructed airway on conscious and unconscious victims
 - a. Adult or child
 - b. Infant
 - c. Obese or pregnant
 - 2. Rescue breathing
 - a. Adult
 - b. Child
 - c. Infant
 - 3. Cardiopulmonary resuscitation
 - a. Adult
 - b. Child
 - c. Infant
 - 4. AED Administration
 - a. Adult
- C. A learning activity that requires the student to demonstrate the following first aid techniques for controlling bleeding while using personal protective equipment (PPE):
 - 1. Direct pressure
 - 2. Pressure bandages
 - 3. Tourniquet device
 - 4. Hemostatic dressing/wound packing

PLEASANTON PD
FA/CPR/AED REFRESHER COURSE

5. Chest seals and dressings
- D. A learning activity that requires the student to treat a victim for shock and answer the following questions related to shock:
1. When should a victim be treated for shock?
 2. What are the possible consequences of failing to treat for shock?
 3. Are there circumstances under which the consequences of shock may be more dangerous than the injury that caused it?
- E. The student will participate in a learning activity that will demonstrate how to bandage different injuries while using PPE to minimize the dangers associated with infectious diseases and wash hands and disinfect equipment after providing treatment in accordance with the following principles:
1. Use the cleanest material that is available
 2. Expose the injury site
 3. Cover the entire injury site
 4. Bandage snugly but without impairing circulation
 5. Leave victim's fingers and toes exposed
 6. Immobilize injury site as necessary
- F. A learning activity that requires the student to demonstrate the administration of Naloxone