

## **SYLLABUS**

*Linn-Benton Community College  
Health and Human Performance Department*

**Course:** HE110 Adult CPR and First Aid  
**Instructor:** Staff  
**Class Time:** 8am-5:50pm  
**Class Room:**  
**Office Phone:** 541-917-4251 Marge Moore

### **Course Description:**

Presents basic First Aid and CPR information and skills that enable the student to properly administer the necessary immediate care to an injured or suddenly ill person.

### **Text and Supplies:**

- American Red Cross First Aid/CPR Book
- LBCC First Aid packet- Received in class

### **Course Objectives:**

As a result of this course, students will be introduced to the following:

- Heart attack and stroke
  - Asthma
  - Anaphylaxis
  - Identify the emergency action steps.
  - Describe what to look for in sizing up the scene for primary assessment.
  - Describe criteria for calling 911
  - Describe how to check an injured or ill person
  - Recognize the signs and symptoms for heart attack.
  - Describe links to cardiac chain of survival
  - Recognize when a person is choking
  - Recognize and respond to sudden illnesses
  - Seizures
  - Fainting
  - Diabetic emergencies
- Recognize and respond to common injuries:
  - Open wounds
  - Burns
  - Muscle and bone injuries
  - Head, neck and spinal injuries.
- Recognize and respond to environmental emergencies:
  - Heat cramps
  - Heat exhaustion
  - Heat stroke
  - Hypothermia
  - Frostbite

### **Skill objectives:**

At the end of the course, the participant will be able to demonstrate the following skills:

- Primary and Secondary survey
- Face up and recovery positions

- Adult CPR and Adult choking
- Direct pressure and Tourniquet
- Bandaging a variety of wounds/injuries:
  - Closed spinal
  - Spiral reverse
  - Cravat
  - Triangular
  - Figure 8
  - Impaled object
  - Sling/swath

**Criteria for course completion and certifications:**

1. Students must attend all class sections
2. Demonstrate:
  - Correct decision-making,
  - Sequence care steps properly
  - Complete ALL required skills without coaching or assistance
3. Written examination with a score of 80% or better
4. Receive CPR card thru Linn Benton Community email account from Red Cross and print off their own card
5. CPR card is valid from 2 years from date on card.
6. Receive First Aid card from Linn-Benton Community College at the end of the class.
7. First Aid card is valid for 3 years from the date on the card.

**Course Comments:**

1. The course includes diverse learning opportunities:
  - videotaped presentation; instructor led discussions,
  - skills demonstration and practice,
  - instructor led scenarios and peer practice sessions
2. Grading Components:
  - Hands on skills for all sections and scenarios
    - 16 skills; 2 points each
  - Written Exam
    - CPR- 20 questions; 2 points each
    - First Aid- 15 questions- 2 points each
    - Participation- 8 points
3. Grading Scale: A-F, P/NP
  - **A**- 100-110
  - **B**- 90-99
  - **C**- 80-89
  - **D**- 70-79
  - **F**- 69-0
4. You should contact your instructor during the first week of class if:
  - You have a documented disability and need accommodations,
  - Your instructor needs to know medical information about you, or
  - You need special arrangements in the event of an emergency.
  - If you think you may need accommodation services, please, contact Disability Services, 917-4789.

5. The LBCC community is enriched by diversity. Each individual has worth and makes contributions to create that diversity at the college. Everyone has the right to think, learn, and work together in an environment of respect, tolerance, and goodwill. LBCC prohibits unlawful discrimination based on race, color, religion, ethnicity, and 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. (for further information <http://po.linnbenton.edu/BPsandARs/> ) Board Policy P1015