

# San Bernardino County Sheriff's Department Training Division

## 21797 ECO First Aid CPR AED 8Hr Refresher Course

### I. Role of the Public Safety, First Aid Provider

- A. Scene Safety
  - 1. Personal safety
  - 2. Public
  - 3. Victim
  - 4. Scene Control
- B. Body substance isolation
  - 1. Personal Protective Equipment
- C. Legal considerations
  - 1. Right to refuse treatment
  - 2. Implied Consent
- D. Orientation to the EMS System
  - 1. Emergency Medical Services (EMS) access
    - a) 9-1-1 access
    - b) Identification of local EMS and trauma systems
- E. Integration with EMS personnel
  - 1. Mass shootings
  - 2. Active shooter incidents
- F. Minimum equipment and first aid kits.

### II. Recognition and Identification of Both Medical and Traumatic Emergencies

Adult and pediatric patients

- A. Performing a primary assessment
  - 1. Check CAB's
  - 2. Control Major Bleeding
  - 3. Treat for Shock
- B. Performing a secondary assessment
  - 1. Check Vital Signs
    - a) Skin Color
    - b) Temperature
    - c) Respiratory Rate
    - d) Pulse
  - 2. Check Head to Toe
    - a) Bruises,
    - b) Bleeding,
    - c) Broken bones
- C. Obtaining a patient history.

### III. Heart Attack and Sudden Cardiac Arrest

- A. Respiratory and circulatory systems
- B. Heart attack
  - 1. Signals Indicating an attack
- C. Sudden cardiac arrest and early defibrillation
  - 1. Defibrillation increases survival rates
- D. Chain of survival.

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1. Immediate recognition
2. Early CPR
3. Rapid defibrillation
4. Effective advanced life support
5. Integrated post-cardiac arrest care

### IV. CPR and AED for Adults Children and Infants

Following current AHA Guidelines for CPR and ECC at the Healthcare provider level

- A. Basic airway management;
- B. Rescue breathing;
  1. Mouth-to-mouth;
  2. Mouth-to-mask;
  3. Bag-valve-mask (BVM).
- C. Chest compressions and CPR/AED;
  1. Basic AED operation;
  2. Using the AED;
  3. Troubleshooting and other considerations.
- D. Single rescuer CPR/AED on adult, child and infant;
- E. Two rescuer CPR/AED on adult, child and infant;
- F. Recovery position.

### V. Management of Foreign Body Airway Obstruction

On adults, children, and infants

- A. Conscious patients;
- B. Unconscious patients.

### VI. Medical Emergencies

- A. Pain, severe pressure, or discomfort in chest;
- B. Breathing difficulties, including asthma and COPD;
- C. Allergic reactions and anaphylaxis;
- D. Altered mental status;
- E. Stroke;
- F. Diabetic emergencies;
  1. Administration of oral glucose.
- G. Seizures;
- H. Alcohol and drug emergencies;
  1. Assisted naloxone administration and accessing EMS.
- I. Severe abdominal pain;
- J. Obstetrical emergencies.

### VII. Burns

- A. Thermal burns;
- B. Chemical burns;
- C. Electrical burns.

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**VIII. Facial Injuries**

- A. Objects in the eye;
- B. Chemical in the eye;
- C. Nosebleed;
- D. Dental emergencies.

**IX. Environmental Emergencies**

- A. Heat emergencies;
- B. Cold emergencies;
- C. Drowning.

**X. Bites and Stings**

- A. Insect bites and stings;
- B. Animal and human bites;
- C. Assisted administration of epinephrine auto-injector and accessing EMS.

**XI. Poisoning**

- A. Ingested poisoning;
- B. Inhaled poisoning;
- C. Exposure to chemical, biological, radiological, or nuclear (CBRN) substances;
  - 1. Recognition of exposure;
  - 2. Scene safety.
- D. Poison control system.

**XII. Identify Signs and Symptoms of Psychological Emergencies**

- A. Crying
- B. Extreme withdrawal from outside contact
- C. Agitated or anxious
- D. Aggressive or violent behavior
- E. Unusual outbursts or disoriented statements
- F. Behavior inconsistent with normal behavior / demeanor
- G. Paranoia
- H. Delusions / Hallucinations
- I. Suicidal or homicidal expressions / behaviors
- J. Self-harm / injurious behaviors (cutting, hitting self, etc.)
- K. Self-isolation / extreme withdrawal from outside contact

**XIII. Patient Movement**

- A. Emergency movement of patients;
- B. Lifts and carries which may include: using soft litters and manual extractions including fore/aft, side-by-side, shoulder/belt.

**XIV. Tactical and Rescue First Aid Principles**

- Applied to violent circumstances;
- A. Principles of tactical casualty care;

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- B. Determining treatment priorities.

### XV. Trauma Emergencies

- A. Soft tissue injuries and wounds;
- B. Amputations and impaled objects;
- C. Chest and abdominal injuries;
  - 1. Review of basic treatment for chest wall injuries;
  - 2. Application of chest seals.
- D. Head, neck, or back injury;
- E. Spinal immobilization;
- F. Musculoskeletal trauma and splinting;
- G. Recognition of signs and symptoms of shock;
  - 1. Basic treatment of shock;
  - 2. Importance of maintaining normal body temperature.
- H. Internal bleeding;
- I. Control of bleeding, including direct pressure, tourniquet, hemostatic dressings, chest seals and dressings;
  - 1. Training in the use of hemostatic dressings shall result in competency in the application of hemostatic dressings. Included in the training shall be the following topics and skills:
    - 1. Review of basic methods of bleeding control to include but not be limited to direct pressure, pressure bandages, tourniquets, and hemostatic dressings and wound 2 packing;
    - 2. Types of hemostatic dressings

### XVI. Testing

- A. These guidelines are based on the minimum skills to be demonstrated
- A. Primary Assessment
  - 1. Check for responsiveness
  - 2. Check pulse
  - 3. Check airway
  - 4. Check breathing
- B. Rescue Breathing (provide effective breaths)
  - 1. Adult
  - 2. Child
  - 3. Infant
- C. CPR/AED (One- and two-person, deliver high quality CPR, with AED)
  - 1. Adult
  - 2. Child
  - 3. Infant
- D. Clearing an Obstructed Airway
  - 1. Conscious and unconscious adult, child, and infant
  - 2. Obese or pregnant
- E. Bleeding Control. Demonstrate first aid techniques for controlling bleeding while using PPE:

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1. Direct pressure
  2. Pressure bandages
  3. Tourniquet device, including noting time and location of application
  4. Hemostatic dressings/wound packing
  5. Chest seals and dressings
- F. Bandaging Injuries while using PPE.  
Demonstrate first aid techniques in accordance with the following principles:
1. Use the cleanest material available
  2. Expose the injury site
  3. Cover the entire injury site
  4. Bandage without impairing circulation
  5. Leave fingers and toes exposed
  6. Immobilize injury site as necessary
  7. Remove gloves correctly
  8. Wash hands and disinfect equipment after providing treatment