



## Adult CPR and First Aid

**Purpose:** Train lay responders to overcome any reluctance to act in emergency situations and to recognize and care for life-threatening respiratory or cardiac emergencies in adults. Provide the lay responder with the knowledge and skills necessary in an emergency to help sustain life and to minimize pain and the consequences of injury or sudden illness until professional medical help arrives.

### **Learning Objectives**

- Learn how to recognize and respond to an emergency.
- Understand the purpose of the Good Samaritan Laws.
- Learn the three emergency action steps.
- Identify when and how to call 9-1-1 or the local emergency number.
- Explain when and how to move a person from a dangerous scene.
- Learn how to minimize the risk of disease transmission when giving care.
- Be able to check both a conscious and an unconscious person for life-threatening and nonlife-threatening conditions.
- Identify the signals of shock and describe how to minimize its effects.
- Learn how to prioritize care for injuries and sudden illnesses.
- Identify and care for various soft tissue and musculoskeletal injuries.
- Identify the signs and symptoms of sudden illness, including stroke, diabetic emergency, poisoning and allergic reactions, and describe how to care for them.
- Identify the signs and symptoms of heat- and cold-related emergencies and describe how to care for them.
- Learn how to control bleeding.
- Identify the signals of head, neck and back injuries and learn how to care for them.
- Recognize the signals of a breathing emergency.
- Demonstrate how to care for a person who is choking.
- Demonstrate how to recognize and care for a person who is not breathing.
- Recognize the signals and learn how to care for a cardiac emergency.
- Demonstrate how to give cardiopulmonary resuscitation (CPR).

**Length:** Approximately 6 hours and 30 minutes (included ½ lunch break)

### **Participant Materials**

*First Aid/CPR/AED for the Workplace Participant's Workbook*  
*Adult CPR/AED Skills Card - First Aid Skills Card*