

SECTION 10 FIRST AID

The Certification Board suggest it will take a class of **40** individuals **40** hours to cover the following objectives in this section (actual time may vary based on class size).

BASIC

- 10-01.01* Trainee shall list the three (3) major roles and responsibilities of the first responder.
- 10-01.02* Trainee shall describe all applicable legal aspects related to providing emergency care as a first responder.
- 10-01.03* Trainee, given each vital sign, shall describe its normal and abnormal states and how he would check for the sign.
- 10-01.04* Trainee shall identify the medical identification symbol.
- 10-01.05* Trainee shall state the time in which brain cells will die without oxygen.
- 10-01.06* Trainee shall identify a primary survey for life-threatening injuries.
- 10-01.07* Trainee shall describe the signs of adequate and inadequate breathing.
- 10-01.08 Trainee shall describe variations in design of the respiratory system for partial and total laryngectomies.
- 10-01.09 Trainee shall describe airway care and resuscitation procedures for the laryngectomy.
- 10-01.10* Trainee shall demonstrate mouth-to-mouth and mouth-to-nose resuscitation.
- 10-01.11 Trainee shall demonstrate oronasal ventilation.
- 10-01.12* Trainee shall list the signs of cardiac arrest.
- 10-01.13* Trainee, given a diagram of the heart and its related organs, shall identify these organs and complications if CPR is performed incorrectly.
- 10-01.14* Trainee shall list the signs of effective CPR.
- 10-01.15* Trainee shall demonstrate one and two person cardiopulmonary resuscitation.
- 10-01.16 Trainee, given a description of a type of bleeding, shall identify it as arterial, venous or capillary.
- 10-01.17 Trainee shall describe why tourniquets are a last resort for controlling bleeding.
- 10-01.18 Trainee shall demonstrate techniques for controlling external bleeding.
- 10-01.19* Trainee shall demonstrate the proper technique for prevention and/or spread of infectious diseases and occupational exposure to bloodborne pathogens associated with emergency medical care.
- 10-01.20* Trainee shall demonstrate the use, decontamination, disinfecting, and proper disposal of personal protective equipment used for protection from infectious diseases.
- 10-01.21 Trainee shall identify major signs of, distinctions between, and initial treatment for heat cramps, heat exhaustion, and heatstroke.
- 10-01.22 Trainee shall identify major signs of hypothermia.
- 10-01.23 Trainee, given a description of patients exposed to heat and cold, shall identify the condition and describe emergency care procedures.
- 10-01.24 Trainee shall describe the meaning of shock.
- 10-01.25 Trainee, given a list of signs and symptoms, shall identify those associated with shock.
- 10-01.26 Trainee shall describe anaphylactic shock.
- 10-01.27 Trainee shall identify the treatment for anaphylactic shock.
- 10-01.28 Trainee shall define the functions of the skeletal system.
- 10-01.29 Trainee shall define and identify types of fractures, dislocations and sprains.
- 10-01.30 Trainee, given a list of symptoms, shall identify those associated with fractures and dislocations.
- 10-01.31 Trainee shall list the primary reason for splinting.
- 10-01.32 Trainee, given descriptions of "patients" with injuries of the skull, spine and chest, shall identify the condition and describe appropriate emergency care.
- 10-01.33 Trainee, given "patients", shall describe appropriate emergency care for any injuries to the spine.
- 10-01.34 Trainee, given a specific situation, shall indicate:
 - A. whether or not a patient should be moved,
 - B. why the patient should or should not be moved, and
 - C. if a move is necessary, how the move should be accomplished.
- 10-01.35 Trainee, given descriptions of accident scenes, shall describe procedures for gaining access to patients:
 - A. in closed upright vehicles
 - B. in closed overturned vehicles
 - C. pinned beneath vehicle
 - D. pinned inside vehicle
 - E. in vehicle with electrical hazards

INTERMEDIATE

- 10-02.01 Trainee, given a description of patients, shall identify priority for triage purposes.
- 10-02.02 Trainee shall demonstrate the emergency care for a person with known or suspected internal bleeding.
- 10-02.03 Trainee, given specific situations and patients, shall perform a complete assessment for illnesses and injuries and describe appropriate emergency care procedures.
- 10-02.04 Trainee, given a specific situation and patient, shall demonstrate and define the sequential emergency medical care indicated.
- 10-02.05 Trainee shall describe safe procedures in use of oxygen.
- 10-02.06 Trainee shall identify the two (2) main parts of the skull and describe their functions.
- 10-02.07 Trainee shall define the following:
- | | |
|------------------|------------------------|
| A. heart attack | E. diabetic coma |
| B. angina | F. insulin shock |
| C. heart failure | G. grand mal seizures |
| D. stroke | H. petite mal seizures |
- 10-02.08 Trainee, given patients simulating heart attacks, angina, heart failure, stroke, and diabetic and epileptic conditions, shall identify the condition, note appropriate signs and describe appropriate care.
- 10-02.09 Trainee, given descriptions of patients suffering from ingested poisons, inhaled poisons, bites and stings, alcohol abuse and drugs, shall identify the condition and describe appropriate emergency care.
- 10-02.10 Trainee, given a list of statements, shall select general rules for splinting.
- 10-02.11 Trainee, given descriptions of "patients" with injuries of the extremities, shall identify the injury and describe appropriate emergency care.
- 10-02.12 Trainee shall identify and describe procedures for obtaining blood pressure by palpation and auscultation.
- 10-02.13 Trainee shall identify the control center for breathing.
- 10-02.14 Trainee, given a description of a wound type, shall describe management procedures and special considerations. Wound types will include:
- | | |
|--------------------------|---------------------------------------|
| A. avulsed parts | H. eye with penetrating object |
| B. impaled objects | I. extruded eyeball |
| C. protruding organs | J. arterial bleeding in the neck |
| D. face and scalp wounds | K. severe venous bleeding in the neck |
| E. cheek wounds | L. abdominal injuries |
| F. nosebleeds | M. genitalia injuries |
| G. lacerated eye | |
- 10-02.15 Trainee, given an identified fracture, shall demonstrate the emergency medical care necessary to transport the victim.

ADVANCED

- 10-03.01 Trainee, starting with the head and working to the feet, shall identify the major body components, cavities and organs.
- 10-03.02 Trainee, given the name of each body system, shall identify its function.
- 10-03.03 Trainee, given two or more body parts, shall describe their relationship using the terminology of topographic anatomy.
- 10-03.04 Trainee shall identify and describe the function of each of the components of the respiratory system, and describe how air travels through the system to exchange oxygen and waste gases with the body.
- 10-03.05 Trainee shall explain how the diaphragm, rib muscles and pleura operate to permit breathing.
- 10-03.06 Trainee, given a diagram of the heart showing left and right chambers, shall indicate the flow of blood from the lungs, through the heart, and to the body.
- 10-03.07 Trainee shall describe the composition and functions of blood.
- 10-03.08 Trainee, given descriptions of “patients” burned by heat, shall indicate the degree and criticality of the burn and describe emergency care procedures.
- 10-03.09 Trainee, given descriptions of “patients” burned by chemical and electricity, shall describe emergency care procedures.
- 10-03.10 Trainee shall describe function, need, and safe procedures for use of:
 - A. suctioning
 - B. oropharyngeal airway
 - C. bag-mask resuscitation
- 10-03.11 Trainee shall demonstrate the use of breathing aid equipment.
- 10-03.12 Trainee shall demonstrate emergency medical care of traumatic shock.
- 10-03.13 Trainee shall describe procedures to follow in preparing for and assisting in normal and abnormal childbirth including caring for the mother and newborn.
- 10-03.14 Trainee shall define breech birth and prolapsed cord.
- 10-03.15 Trainee shall describe procedures to follow in the event of excessive bleeding and miscarriage.
- 10-03.16 Trainee shall have knowledge of the general steps for use of an automated external defibrillator.
 - A. Trainee should know the abnormal heart rhythms commonly present during cardiac arrest.
 - B. Trainee should know what defibrillation is and how it works.
 - C. Trainee should know precautions for the use of an AED.
 - D. Trainee shall demonstrate the use of the AED.

COMPLETION OF THESE OBJECTIVES OR A TEXAS DEPARTMENT OF HEALTH ECA COURSE WILL SATISFY ALL OBJECTIVES AS LISTED IN THIS SECTION.