



Basic First Aid

for the Community & Workplace

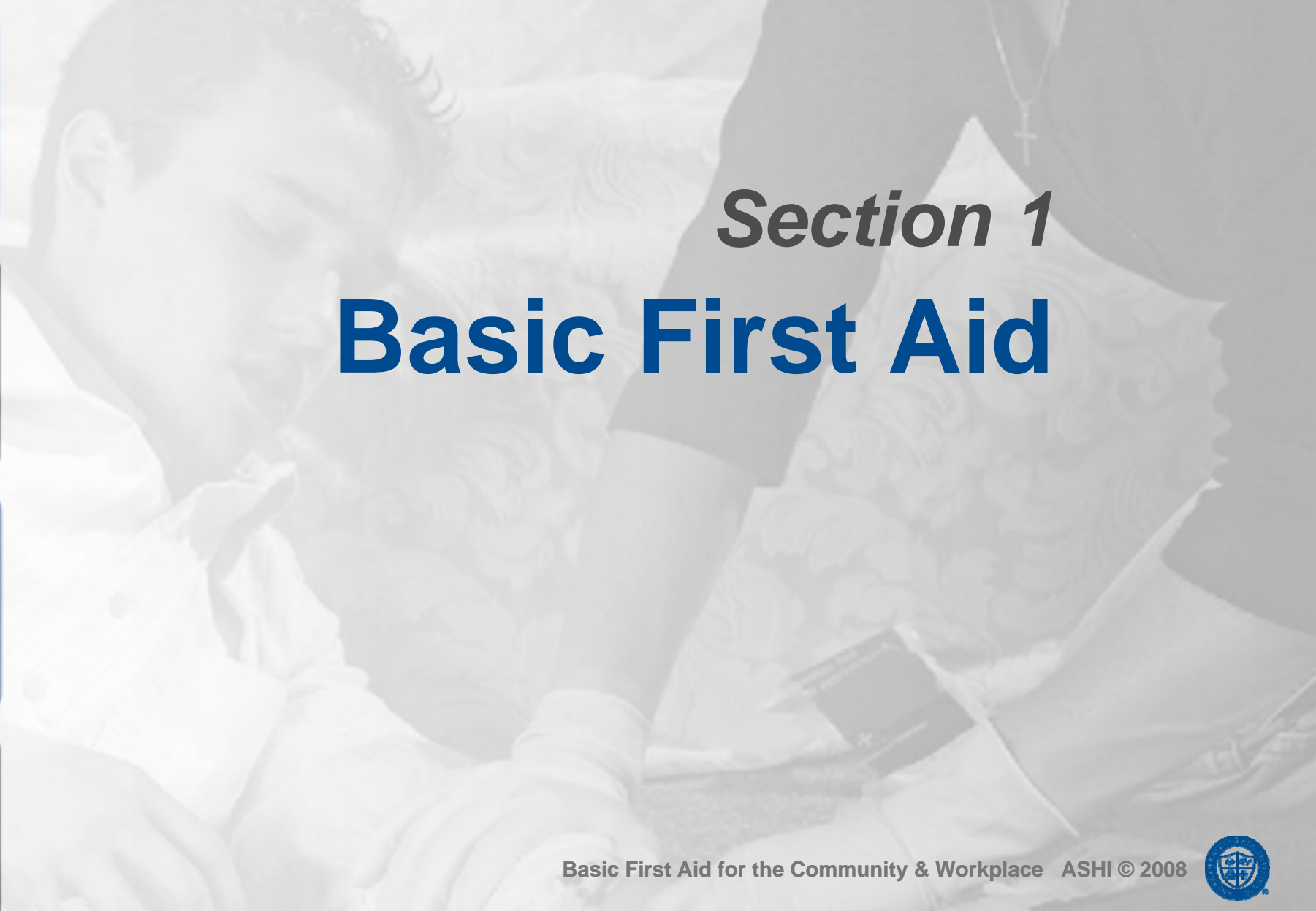




Basic First Aid
for the **Community & Workplace**

Section 1

Basic First Aid



Learning Objectives

By the end of this lesson, students should be able to:

- Describe the agenda and requirements for certification.
- Describe facility safety features.
- Describe Good Samaritan laws and principle.
- Describe consent.
- Explain the importance of Universal Precautions.
- Demonstrate proper removal of contaminated gloves.



Case Study

Legal Aspects of Providing First Aid

Scenario B — A 37-year-old trips and falls. His forearm is painful, swollen, and looks broken.

- Do you need permission to care for the victim?
- Why or why not?
- What is the legal term for this?



Assess, Alert, and Attend

Emergency Action Steps



Assess



Alert



Attend



Unresponsive Victim



- **Check Breathing.**
 - Look, listen, and feel for 5, but no more than 10 seconds.
 - If victim is not breathing normally or you are unsure, perform CPR.
 - If breathing normally...



Severe External Bleeding



Compression Only CPR

- If someone suddenly collapses and is unresponsive and not breathing normally you can provide lifesaving first aid.
 - Get the victim onto his back on the ground.
 - Place one hand on top of other, and place the heel of your bottom hand on center of the victim's chest between nipples.
 - Lock your elbows and begin forceful chest compressions at a rate of about 100 per minute.
 - Push hard, fast and deep until help arrives or until you are too worn out to continue.
 - Take turns if you have a partner
- If not currently trained in CPR, consider doing so.





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**Thank You
for Attending
the Course**

