

J. Sargeant Reynolds Community College
Course Content Summary

Course Prefix and Number: HLT 106

Credits: 2

Course Title: First Aid and Safety

Course Description: Focuses on the principles and techniques of safety and first aid. Lecture 2 hours per week.

General Course Purpose: The course will allow individuals to administer basic first aid for minor injuries occurring in patients and to know how to triage the level of care needed for the situation.

Course Prerequisites and Co-requisites:

None

Student Learning Outcomes:

Upon completing the course, the student will be able to

- a. State the values and reasons for first aid training;
- b. Outline the procedures for a proper victim evaluation;
- c. Describe the first aid procedures for shock; and
- d. Understand the procedures for conscious and unconscious choking victims, poisoning victims, victims of drug abuse, burn victims, victims of frostbite, cold exposure, heat stroke, heat cramps and heat exhaustion, sprains, strains, dislocations, fractures, and specific injuries of the body.

Major Topics to Be Included:

- a. Safety Procedures and Prevention of Accidents
- b. Victim Evaluation
- c. Wounds
- d. Specific Injuries
- e. Shock
- f. Choking
- g. Poisoning
- h. Drugs and Overdose
- i. Burns
- j. Frostbite and Cold Exposure
- k. Heat Stroke, Heat Cramps, Heat Exhaustion
- l. Sudden Illness
- m. Dressings and Bandages
- n. Bone and Joint Injuries

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