

## Basic First Aid Outline

- First Aid Provider
- Protecting Yourself
- Legal Considerations
- Calling for Help
- Emergency Moves
- Primary Assessment — Unresponsive Person
- Primary Assessment— Responsive Person
- Choking
- Control of Bleeding
- Supplemental Topic
- Using a Tourniquet
- Supplemental Topic - Using a Hemostatic Dressing
- Shock
- Supplemental Topic – Amputation
- Supplemental Topic
- Impaled Objects
- Supplemental Topic - Open Chest Injury
- Supplemental Topic - Open Abdominal Injury
- Head, Neck, or Back Injury
- Swollen, Painful, Deformed Limb
- Supplemental Topic - Splinting
- Supplemental Topic - Using a Malleable Splint
- Burns
- Supplemental Topic - Using a Gel-Soaked Burn Dressing
- Minor Injuries
- Altered Mental Status
- Breathing Difficulty, Shortness of Breath

- Supplemental Topic - Using an EpiPen Auto-Injector
- Supplemental Topic - Using an Epinephrine Auto-Injector
- Pain, Severe Pressure, or Discomfort in the Chest
- Poisoning
- Supplemental Topic - Severe Abdominal Pain
- Heat Emergencies
- Cold Emergencies
- Supplemental Topic - Stinging Insects
- Supplemental Topic - Snakebites
- Supplemental Topic -Spider Bites
- Supplemental Topic - Tick Bites
- Supplemental Topic -Marine Animal Stings
- Supplemental Topic - Animal and Human Bites
- Supplemental Topic - Emotional Considerations

**Duration:** 160 min

**Exam:** 35 - 45 min

**Evaluation:** 0 – 60 min