COURSE GOAL: Train instructors to present instruction and certify physical skills in accordance with Title 22, California Code of Regulations. Students will develop a POST-certified First Aid/CPR/AED course compliant with Title 22 regulations established April 1, 2015 and present the First Aid/CPR/AED course in the Basic Police Academy or during bi-annual re-certification training.

STUDENT LEARNING ACTIVITIES AND METHODS OF EVALUATION: Skill Demonstration (graded using skill demonstration worksheet) on CPR (Adult, Child, Infant), Obstructed airway on a conscious and unconscious victim, Rescue Breathing (Adult, Child, Infant), Bleeding Control, Splints and Slings. Written exam and physical skills demonstrations will be evaluated and graded by POST instructor to POST standard. Written exam score of 80% or higher required to receive Certificate or Completion.

**I. Introduction**

## Overview

### Logistics

### Expectations

### Emergencies and Chain of Command

## Requirements

### Attendance

### Skills

### Instructor assessment

### Classroom participation

## Student Introductions

### Name

### Agency and Assignment

### First Aid Training / Experiences / Uses

### Instructor History

### Class Expectations

# Legal Requirements of First Aid Instruction

#### Title 22, Division 9, Chapter 1.5

##### Section 100011

##### Section 100013

##### Section 100015

##### Section 100018

##### Section 100019

##### Section 100020

##### Section 100022

##### Section 100023

##### Section 100024

##### Section 100025

##### Section 100026

##### Section 100027

##### Section 100028

##### Understanding optional skills

#### POST Administrative Manual (PAM)

##### Section 1051

##### Section 1052

##### Section 1053

##### Section 1053

##### Section 1055

##### Section 1070

##### Section 1082

#### California Penal Code

##### Section 13518

##### Section 13518.1

#### Federal OSHA Requirements (29 CFR 1910)

##### 1910.1030 Bloodborne Pathogen

##### 19140.134 Respiratory Protection

#### California OSHA Requirements (CCR Section 5193)

##### Requirements

##### Analysis

##### Training

##### Equipment

#### California OSHA Requirements (CCR Section 5199)

###### Initial Training

###### Fit Testing

#### Standards for First Aid Training

##### American Red Cross

##### American Heart Association

##### Department of Transportation

##### National Safety Council

##### Updates and change documents

#### POST First Aid Instructional References

##### Learning Domain 34 - First Aid

##### Tactical Medicine Program

##### Learning Portal Course

##### Overview of POST materials

##### Requirements for Academy Instructor Course

##### Continued professional development in First Aid

#### Understanding Emergency Medical Services in California

##### EMSA and program development

##### LEMSA and program approval

#### Liability

##### Instructor knowledge and material demonstration

##### Student participation and skill demonstration

#### Standards in Training and Corrections (STC)

##### POST vs. STC

##### Expanded Course Outline

##### Course Certification Procedures

# Presenting a POST-certified First Aid Course

## LD 34 Training and Testing Standards (TTS)

### What has to be taught

### What skills have to be demonstrated

### What tests have to be administered

### Understanding the need for a safety plan

## LD 34 Workbook

### Compare between LD and Title 22

### Orient students to LD 34 TTS and POST Student Workbook

## Developing a First Aid Course Outline

### Basic Academy First Aid

### Update Training

## Minimum Equipment and Materials

### Workbooks

### Mannequins (Type and Style of Devices)

### Breathing Barriers

### AED Trainers, Bag-Valve-Mask (Section 100017 CCR)

### Personal Protective Equipment (PPE)

### Bandaging Materials

### Demo First Aid Kit

### Teaching aids (e.g.: epi -pen trainer, Naloxone IN, Tourniquets, etc.)

### Practice Pre-Test

### Students Skills checklist

### Written Exam

## Additional First Aid Instructional References, approved by POST

### American Heart Association

### American Safety & Health Institute (ASHI)

### 3. Department of Transportation

### 4. National Safety Council

### American Red Cross (Red Cross CPR removed from Title 22 regulations. CPR/AED solely under AHA guidelines)

# Pre-Test and Skill Demonstration

## Pre-Test

### Video scenarios to identify the responsibilities of law enforcement at scene

### Series of questions that will identify the knowledge of basic first aid skills

## Skill Demonstration (Graded using skill demonstration worksheet)

### CPR (Adult, Child, Infant)

### Obstructed airway on a conscious and unconscious victim

### Rescue Breathing (Adult, Child, Infant)

### Bleeding Control

### Splints and Slings

# Adult Learning Concepts

## Adult vs. children forms of instruction

### Five assumptions

### Adults are goal oriented

### Adults bring experience

### Professional development relevance

### Real world application

### Ego involvement

### Input and feedback

### Transfer of learning

### Cognitive overload

### Learning methods

## Learning Styles

### Learning styles definition

### Learning style preference

### Some prefer structure, other flexibility

### Some prefer independence, other social or group learning

### Some prefer auditory, other visual, others kinesthetic

### Visual

### Auditory

### Read/Write

### Kinesthetic

### Assessing your personal style

### Tend to teach the way we like to learn

### Vary choices

### Social and independent learning styles

### Independent learners

## Learning

### Three level system to classify learning in each domain

### Cognitive learning domain

### Six levels of learning

## 10-20-30-40-70-90 rule

### Retain 10% of what we read

### Retain 20% of what we hear

### Retain 30% of what we see

### Retain 40% of what we see and hear

### Retain70% of what we describe and talk about

### Retain 90% of what we can say and do

## Psychomotor (physical) skills sessions

### Practical sessions to make training active

### Explain objectives of the skill and benefits

### Five levels of psychomotor skills

### Teaching psychomotor skills

### Improving skills sessions tips

### Purpose of lesson plan

### Lesson plan components

### Using the lesson plan

# Understanding Communicable Diseases

## Understanding the Bloodborne Pathogen Standard

### OSHA Bloodborne Standard

### Who is covered

### What are pathogens?

### How pathogens are spread

### Training requirements

### Exposure Control Plan

### Recordkeeping

### Needle-stick Safety and Prevention

#### 

## Bloodborne Pathogens

### Means of transmission

#### Bloodborne

#### Airborne

### Common Serious Bloodborne Diseases

#### Hepatitis B

#### Hepatitis C

#### HIV

#### Preventive measures

#### Other infectious materials

#### Does an exposure always cause an infection?

#### OSHA requirements for immunization by the employer

## Preventing infection from bloodborne pathogens

### OSHA requirements

#### Engineering controls

#### Work practice controls

#### Personal Protective Equipment (PPE)

#### Universal precautions

#### Response to exposure incidents

#### 

## Understanding Airborne Pathogens

### Diseases of concern

#### Meningitis

#### Influenza

#### Pneumonia

#### Tuberculosis

### Protective measures

# Required Learning Activities (Communicable Disease)

## The proper donning and doffing of disposable gloves

## Fit-testing of the N95 respirator

## Hand washing exercise

# Presentation of the Basic First Aid Course

## Responsibility to act in good faith and provide emergency medical services

### Discuss the components of the EMS system

### Identify the primary responsibilities of peace officers as EMS first responders at a medical emergency

### Identify the links of the chain of transmission of infectious pathogens

### Recognizing first aid equipment and treating others while ensuring personal safety

### Peace officer’s liability protection when providing emergency medical services

## Exposure to CBRN; Chemical, Biological, Radiation and Nuclear (CBRN)

### Identify exposure to CBRN

## *Indicators of a potential attack*

## *Exposure Effects of Chemical Materials*

## *Of importance*

## *Protection*

## *Exposure Effects of Biological Materials*

## *Exposure Effects of Biological Materials*

## *Exposure Effects of Biological Materials*

## *Exposure Effects of Radiological / Nuclear Materials*

## *Responding to a CBRN incident*

## *Important information to relay to arriving teams and supervisors*

## *Conduct self-decontamination as soon as possible*

## Victim Assessment

### Actions during a primary survey for assessing both conscious and unconscious victims

#### Check for Responsiveness

#### Airway

#### Breathing

#### Circulation

#### Managing C-Spine Concerns

### Appropriate actions during a secondary survey for conscious and unconscious victims

#### Head to toe assessment

#### Patient history

#### Vital Signs

### Assessment criteria for establishing priorities for multiple victims at a single scene

### Conditions under which victim should be moved from one location to another

### Procedures for moving a victim

## Basic Life Support (BLS)

### The Chain of Survival components

### Cardiopulmonary Resuscitation (CPR) for adults, children, and infants

### Basic Automated External Defibrillator (AED) operation

### Circumstances under which a victim’s airway should be opened

### The difference between a mild and severe airway obstruction

### Clearing an obstruction from the airway of a conscious and unconscious

### Rescue breathing techniques

### The recovery position

### Two primary bleeding control techniques

### Guidelines for controlling bleeding from an open wound

### First aid treatment for traumatic injuries

### Signs and symptoms of shock

### Treating shock and importance of maintaining normal body temperature

## Traumatic Injuries

### Indicators of a possible head injury

### Appropriate first aid measures for facial/head injuries

### Dental Emergencies

### Hemostatic dressings, wound packing and chest seals

### Appropriate first aid measures for treating open and closed head injuries

### Appropriate first aid measures for treating

### Self-care/buddy-care

## Medical Emergencies

### Recognize indicators of, and first aid measures for, a victim experiencing

### Assisted Naloxone

### Differentiate between the indicators and first aid measures for treating

### Drowning and the appropriate first aid measures

## Psychological Emergencies

### Mental health resources in decline

### Epidemic proportions

### Psych facilities closing

### Psych inpatient beds in decline

### Statistics

### Altered mental status

### Mental status exam

### Depression

### Bipolar

### Schizophrenia

## Emergency Child Birth

### The signs of imminent birth

### Appropriate first aid measures emergency situations that may occur in childbirth

# Integration with EMS to Include Criminal Mass Casualty Incident (MCI)

## MCI Examples

### Video footage of criminal mass casualty incidents

## Tactical and rescue first aid principles in violent circumstances (e.g. active shooter)

### Movement to threat rather than casualty care

### Integration with EMS

### Tactical casualty care

## Primary and Secondary Bombs

### What they are

### Why they happen

### First responder danger

## Priorities

### Decontamination

### Hot zone

### Warm zone

### Green zone

### Decon or tactical; similar properties

### Triaging victims heading into decon (proceed with caution)

### Beware of hazards

### PPE

### Protect yourself

### Avoid contaminating evidence

### Points to remember

### Don’t move bodies and large objects

### If dead, move along

### Document, document, document

### Gloves

# Required Tests

## Written tests

### First Aid and CPR

### Communicable Disease

### N95 Respirator

## Student to conduct a primary assessment

#### 1. Check for responsiveness

#### 2. Check pulse

#### 3. Check airway

#### 4. Check for breathing

## Skills test to demonstrate techniques for controlling bleeding of a limb while using (PPE)

### Direct pressure

### Pressure bandages

### Tourniquet device

### Hemostatic dressings/wound packing

### Chest seals and dressings

## Skills test to demonstrate basic life support techniques

### Clearing an obstructed airway on conscious and unconscious victims

### Rescue breathing

### Cardiopulmonary resuscitation

### Treat a victim for shock

## Skills test: Bandaging different injuries & using PPE to minimize exposure to infectious diseases

### Using cleanest material available

### Expose the injury site

### Cover the entire injury site

### Bandage snugly but without impairing circulation

### Leave victim’s fingers and toes exposed

### Immobilize injury site as necessary

# Student Teach Back

## Develop lesson plan and expanded course outline for 5–10 min teach-back presentation

## Demonstrate instructional ability to recognize and correct errors in situations

### Clearing an airway

### Performing CPR

### Perform rescue breathing

### Control bleeding

### Perform splinting

# Course Wrap Up

## Course Review

## Instructor Evaluations

## Certificate