

- Introductions and Attendance
- The Red Cross
- Preparing to Respond
- Injury Prevention
- Barriers to Action
  - Methods of Disease Transmission
  - Protecting Yourself
- EMS and the Role of the First Aider
- Check-Call-Care
  - Checking the Scene
  - Life Over Limb
  - Near Drowning
  - Checking the A-B-C's
  - Calling 9-1-1
  - When to Call 9-1-1
  - Providing Ongoing Care
- Shock Overview
  - Signs and Symptoms of Shock
  - Shock Treatment
  - H.A.In.E.S. Roll – Recovery Position
- Airway Anatomy
- Mild Choking
- Severe Choking
- Choking Procedure Modification
- Respiratory Arrest
  - CPR & AED – One Rescuer
  - CPR & AED – Two Rescuer
  - CPR with Obstructed Airway
- Conscious Choking – Infant
- Infant CPR
- CPR with Obstructed Airway – Infant
- CPR Special Considerations
  - Mouth to Mouth
  - Mouth to Stoma
  - Compressions Only CPR
  - One Hand Compressions
  - When to Stop CPR
  - Air in the Stomach
  - Vomiting during CPR
- AED Review
  - AED Special Circumstances
  - Water and Metal
  - Pacemakers
  - Body Hair

# Frontline First Aid

## EFA Recertification Course Outline

- Breathing Emergencies
  - Hyperventilation
  - Asthma
  - Anaphylaxis
- The 5 Rights of Assisting with Medication
- Heart Attack and Angina
  - Nitroglycerin
  - ASA
  - Chest Pain
  - Cardiac Arrest
- Stroke
- TIA