



Training Course Outline

Subject: Standard First Aid, CPR & AED Instructor (National Safety Council)

Duration of Training Session: 2 days

Instructor: Chip Darius

Knowing how to respond to a first aid or CPR emergency is one of the most important skills a person can possess. This course equips participants to teach two National Safety Council courses: Adult CPR & AED and Standard First Aid. These courses meet OSHA requirements, and are excellent tools for teaching the latest skills and techniques in basic life-saving procedures. Skills practice and feedback in realistic situations is integrated into the actual teaching experience.

What you'll learn:

This 2-day program covers all the content of the CPR and First Aid courses, plus instructional techniques and administrative requirements for instructors. Prior first aid/CPR certification is helpful but not necessary, as participants will receive a standard First Aid card, Adult CPR & AED card, and First Aid/CPR Instructor card. Membership in the National Safety Council is recommended but not required. You will also learn methods that involve, influence and facilitate adult learning while refining your instructional skills.

Scope: This National Safety Council course covers:

- I. First Aid, Good Samaritan laws, EMS System, Standards of Care
- II. Recognizing and Responding to Emergencies, Avoiding Infectious Diseases
- III. Basic Life Support: Rescue Breathing, Choking, CPR, AED
- IV. Bleeding & Wound Care, Shock, Burns
- V. Head, Spinal, Chest, & Abdominal Injuries
- VI. Bone, Joint & Muscle Injuries
- VII. Sudden Illness: Cardiac, Stroke, Respiratory, Seizures, Diabetes
- VIII. Poisonings, Bites & Stings
- IX. Heat, Cold, & Environmental Emergencies
- X. Rescuing & Moving Victims

Course Materials: Participants receive a complete instructor resource package with the Standard First Aid, CPR and AED instructor resource manual, student manual, VHS tapes, DVDs, and instructor CD-ROM.