

KIN 177: FIRST-AID RESPONDING TO EMERGENCIES

Citrus College Course Outline of Record

Heading	Value
Effective Term:	Fall 2025
Credits:	3
Total Contact Hours:	54
Lecture Hours :	54
Lab Hours:	0
Hours Arranged:	0
Outside of Class Hours:	108
Total Student Learning Hours:	162
Strongly Recommended:	ENGL C1000.
Transferable to CSU:	Yes
Transferable to UC:	Yes - Approved
Grading Method:	Standard Letter, Pass/No Pass

Catalog Course Description

This course involves the theory and management of emergency situations, including demonstration of cardiopulmonary resuscitation and first aid care of the injured. The student will learn to assess an individual's condition, activation of emergency action plan, and demonstrate proper treatment of the injured. The course will also introduce key issues for leading a healthy lifestyle, including heart disease risk factor identification, health and safety considerations, legal issues, and injury prevention. Upon successful completion of course, students would be eligible for first aid, CPR and AED for adult, child, and infant certification. Complies with requirements as set forth by the American National Red Cross for first aid responding to emergencies. There is a lab fee to receive the certification that will be collected in class. 54 lecture hours.

Course Objectives

- Recognize the signs and symptoms associated with common medical emergencies \\n
- Assess victims of injury and medical emergencies and apply emergency action plan and principles of life-saving first aid procedures \\n
- Demonstrate emergency rescue moves and direct personnel in proper victim transportation procedures
- Demonstrate the first aid care that is needed in common medical emergencies, including bandaging and splinting techniques, and guide other people to follow correct first aid procedures when needed
- Demonstrate cardiopulmonary resuscitation and the use of AED\\n\\n
- Demonstrate principles of accident prevention
- Evaluate lifestyles for health and safety concerns while setting goals for achieving a safe and healthy lifestyle

Major Course Content

1. Introduction
 - a. Legal and Ethical Issues

2. The First Responder
 - a. Well-being for the First Responder
3. Human Body Systems
4. Preventing Disease Transmission
5. Emergency Action Plan
6. Emergency Scene
 - a. Survey the Scene
7. Assessing the Victim
 - a. Conscious Victim
 - b. Unconscious Victim
 - c. Initial Assessment
 - d. Blood Pressure
8. Breathing Emergencies
 - a. Respiratory Distress
 - b. Rescue Breathing
 - c. Obstructed Airway/Choking
9. Breathing Devices
 - a. Resuscitation Mask
 - b. Bag Valve Masks
 - c. Oral Airway
 - d. Nasal Airway
 - e. Suction Devices
10. Cardiac Emergencies
 - a. Recognizing a Heart Attack
 - b. CPR
11. Bleeding and Shock
12. Muscle and Bone Injuries
 - a. Fractures
 - b. Dislocations
 - c. Sprains and Strains
 - d. Injuries to Extremities
 - e. Splinting and Immobilization
13. Soft Tissue Injuries
 - a. Internal Bleeding
 - b. External Bleeding
 - c. Bandaging
 - d. Burns
14. Injuries to Head, Neck, Back, Chest, Abdomen, Spine and Pelvis
15. Sudden Illness
 - a. Poisoning (XXX)
 - b. Heat and Cold Exposure
 - c. Substance Misuse and Abuse
 - d. Fainting
 - e. Bites and Stings
 - f. Anaphylaxis
16. Heat and Cold Emergencies
17. Lifting and Moving Victims
18. People with Special Needs
19. Automated External Defibrillation (AED)
20. Healthy Lifestyles and Safety Measures:
 - a. Key Issues for Leading a Healthy Lifestyle
 - b. Risk Factor Identification

- c. Injury Prevention
- d. Health and Safety Considerations

Suggested Reading Other Than Required Textbook

Instructor handouts

Examples of Required Writing Assignments

Write a paper discussing the current changes in CPR/AED training protocol and how it will affect their choice to act in the situation.

Write a paper discussing barriers. Include possible barriers that may cause the citizen responder to react in a variety of ways that are discussed in class and the text.

Examples of Outside Assignments

Build a quality first aid kit that is appropriate for the student's lifestyle, including equipment that may be necessary in an emergency during their personally active lifestyle.

Interview a professional that works in any field of emergency response and report how they act in emergency situations. Include how it is different than how the "citizen responder" may respond.

Instruction Type(s)

Lecture, Online Education Lecture