



State of California Commission on Peace Officer Standards and Training (POST)

First Aid/CPR/AED (WEB)

Introduction

Welcome to the First Aid/CPR/AED retraining course!

If you are here, it means you completed your initial First Aid/CPR/AED training in a classroom and are now due for the mandated retraining every two years. To pass the course, you will complete seven online activities (a video and six modules) and an instructor-led skills demonstration in a classroom.

Learning Objectives

The content requirements for the initial and retraining for First Aid/CPR/AED are set forth in Title 22, Division 9, Chapter 1.5 First Aid and CPR Standards and Training for Public Safety Personnel, which also applies to firefighters and lifeguards. In this course, we've tried to emphasize situations an officer may be in, such as providing basic life support until EMTs arrive, while keeping the less likely scenarios shorter.

Content Outline

Module 1: Law Enforcement and Emergency Medical Services

- Pre-Test
- Access and Components
- Peace Officer Welfare and Safety
 - Breaking the Chain of Transmission
 - Personal Protective Equipment (PPE)
 - Officer Welfare and Safety Best Practices
- Scene Size-Up
 - Scene Safety Issues
 - Learning Activity: Scene Safety
- Roles and Responsibilities
 - Peace Officer As First Responder
- Legal Protections
 - Protections for Officers and the Public
 - Responsibility to Act
 - Immunity from Liability



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- Negligence
- Expressed and Implied Consent
- Refusal of Care
- Life-Threatening Conditions
- Duty to Continue
- Learning Activity: Responsibility to Act
- Post-Assessment

Module 2: Victim Assessment and Basic Life Support

- Pre-Assessment
- Victim Assessment
 - Introduction to Victim Assessment
- Primary Assessment
 - Overview of Primary Assessment
 - Pulse Location
 - Chain of Survival
 - Primary Assessment Activity
- CPR Overview
 - Introduction to CPR
 - Adult CPR
 - Child CPR
 - Infant CPR
 - Hand Placement
 - Compression Depth
 - Compression Rate
 - Compression Cycles
- Automated External Defibrillator (AED)
 - Adult AED
 - Child AED
 - AED Special Considerations
 - AED Troubleshooting
- Rescue Breathing and Airway Obstructions
 - Administering Rescue Breathing
 - Recovery Position
 - Airway Obstructions Introductions
 - Airway Obstructions Conscious Victim
 - Airway Obstructions Unconscious Victim
 - Airway Obstructions Obese or Pregnant Victim



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- Airway Obstructions Infant Victim
- Drowning
 - Drowning Scenario
- Bleeding Control
 - Bleeding Control Techniques
 - Direct Pressure
 - Impaled Object First Aid Measures
 - Tourniquets
 - Hemostatic Dressings
 - Learning Activity: Assessment Criteria
- Shock
 - Shock Indicators and First Aid Measures
 - Positioning Victim
- Altered Mental Status and Psychological Emergencies
 - Indicators of Mental Status
 - First Aid Measures for Altered Mental Status
- Secondary Assessment
 - Introduction to Secondary Assessment
 - Head-to-Toe Exam
- Post-Assessment

Module 3: Traumatic Injuries

- Pre-Assessment
- Head, Neck, and Back Injuries
 - Head and Neck Injury Indicators
 - Facial Injuries
- Chest and Abdominal Injuries
 - Chest and Abdominal Injury Types
 - Closed Chest Wound First Aid Scenario
 - Open Chest Wound First Aid Scenario
 - Learning Activity: Open Chest Wound
 - Abdominal Injuries First Aid Scenario
 - Learning Activity: Chest and Abdominal Injuries First Aid
- Bone, Joint, Soft Tissues, and Muscle Injuries
 - Musculoskeletal System Overview
 - Indicators of Musculoskeletal System Injuries
 - First Aid Measures for Musculoskeletal Injuries
 - Learning Activity: Musculoskeletal Injury Treatment



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- Burns
 - Overview of Burn Types
 - Learning Activity: Burn Injury Identification
 - Other Burn Types
 - First Aid Measures for Burns
- Post-Assessment

Module 4: High Risk Medical Emergencies

- Pre-Assessment
- Cardiac Emergencies
 - Causes of Cardiac Emergencies
 - Indicators of Cardiac Emergencies
 - First Aid Measures for Cardiac Emergencies
- Respiratory Emergencies
 - Introduction to Respiratory Emergencies
 - Causes of Respiratory Emergencies
 - Indicators of Respiratory Emergencies
 - First Aid Measure of Respiratory Emergencies
- Strokes
 - Stroke Causes and Indicators
 - First Aid Measures for a Stroke
- Poisoning and Substance Abuse
 - Officer Safety and Poison Identification
 - Manner of Poison Exposure and Indicators
 - First Aid Measures for Poisoning and Substance Abuse
 - Alcohol and Substance Abuse
 - Naloxone
 - Assisted Naloxone Administration
- Allergic Reactions and Anaphylaxis
 - Indicators of Allergic Reactions and Anaphylaxis
 - First Aid Measures for Allergic Reactions and Anaphylaxis
- Diabetic Emergencies
 - Indicators of Diabetic Emergencies
 - Assessment and Treatment of Diabetic Emergencies
 - First Aid Measures for Diabetic Emergencies
 - Learning Activity: Diabetic Emergency Treatment
- Post-Assessment



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Module 5: Other Medical Emergencies

- Pre-Assessment
- Seizures
 - Causes and Indicators of Seizures
 - Seizure First Aid Measures
 - Learning Activity: Seizure First Aid Measures
- Bites and Stings
 - Introduction to Bites and Stings
 - Causes and Indicators of Bites and Stings
 - Insect Bite and Sting Indicators First Aid Measures
 - Spider Bite Indicators and First Aid Measures
 - Snake Bite Indicators and First Aid Measures
 - Marine Life Bites and Stings
 - Animal and Human Bite Indicators and First Aid Measures
 - Learning Activity: Bites and Stings
- Temperature Related Emergencies
 - Overview of Temperature Related Emergencies
 - Cold Related Emergencies
 - Heat Related Emergencies
 - Learning Activity: Cold Related Emergencies
 - Learning Activity: Heat Related Activities
- Emergency Childbirth
 - Stages of Labor
 - Emergency Childbirth Scenario 1
 - First Responder Role in Emergency Childbirth
 - Emergency Childbirth Scenario 2
 - Imminent Birth Activity
 - Complications with Childbirth
 - Learning Activity: Childbirth Complications
- Severe Abdominal Pain
 - Indicators and Causes of Severe Abdominal Pain
 - First Aid Measures for Severe Abdominal Pain
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Module 6: Special Situations

- Pre-Assessment
- Violent Circumstances



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- Tactical Causality Care Overview
- Principles of Tactical Causality Care
- Moving a Victim
 - Do Not Move Unless Necessary
 - General Guidelines
 - Procedures for Moving a Victim: Shoulder Drag
 - Procedures for Moving a Victim: Lifts and Carries
 - Learning Activity: Victim Movement
- Multiple Victim Assessment
 - Introduction to Multiple Victim Assessment
 - Assessment Criteria
- Post-Assessment