

San Luis Obispo Sheriff's Office – Presenter 2440
First Aid/CPR/AED Practical Refresher – Course
Expanded Course Outline
4-HOUR TRAINING

STATEMENT OF PURPOSE:

This course provides practical application refresher First Aid/Naloxone/CPR/AED training for common medical situations in both patrol and custody settings. This course includes skills demonstrations and practical scenarios and meets EMSA and POST requirements.

COURSE OBJECTIVES:

The trainee will:

1. Demonstrate the ability to plan a response to a medical incident.
2. Demonstrate knowledge of and appropriate application of first aid supplies and equipment including:
 - a. Tourniquets
 - b. Chest Seals
 - c. Pressure Dressings
 - d. Wound Packing Gauze (Combat Gauze)
 - e. Ventilation Devices (Pocket Mask, Barrier Mask, Bag-Valve-Mask)
 - f. IFAK (Individual First Aid Kit)
 - g. Intra-nasal Naloxone (Narcan)
3. Demonstrate competency of appropriate use, proper techniques, and application of CPR and AED.
4. Demonstrate knowledge of when appropriate to carry/move subjects in medical distress utilizing proper techniques and tactical awareness.
5. Complete required documentation for specific medical incidents.

Minimum standards of performance shall be tested by an instructor observing the trainee during their performance of each technique and exercise. If the trainee does not meet minimum standards, as established by the presenter, appropriate remediation will be provided.

I. INTRODUCTION AND SAFETY POLICY

- A. Introduction
 1. Course purpose and objectives
 2. Instructor introductions
 3. Student introductions
 4. Sign-in sheet
- B. Safety Policy
 1. Review of course Safety Policy with students and role players
 2. Stop action command

San Luis Obispo Sheriff's Office – Presenter 2440
First Aid/CPR/AED Practical Refresher – Course
Expanded Course Outline
4-HOUR TRAINING

3. Expectation to notify instructors of any pre-existing conditions that prevent participation in scenario(s)
4. Notification of injuries to instructors

II. EQUIPMENT AND USES

- A. Tourniquets (TQ)
 1. Purpose and how to apply
 2. How to prep/store
 3. Where to store on vest/belt
 4. Set up for use during class
 - a) Water bottle demo
 - b) "Puddle" demo
- B. Chest Seals
 1. Recognizing penetrating thoracic injury
 2. Treatment with Hy-fin/Improvised Chest Seal
 3. Assessing for an exit wound and treatment
 4. Re-assessment of respiratory status
 5. "Burping the wound"
 6. Advanced Measures
- C. Wound Packing Gauze (Combat Gauze)
 1. Active ingredients/How it works
 2. Noncompressible Hemorrhage
 3. Identifying the bleed and packing the wound
 4. Holding pressure for 3 minutes
 5. Re-assessment and bandaging
- D. Pressure Dressings
 1. Venous vs Arterial Bleeding
 2. How to apply/Anchoring
 3. Application on vital areas (neck, axillary, inguinal)
- E. Ventilation Devices (Pocket Mask, Barrier Mask, Bag-Valve-Mask)
- F. IFAK (Individual First Aid Kit)
 1. Purpose & policy
 2. Products
 - a) Israeli bandage
 - b) Chest seal
 - c) Combat Gauze (QuikClot)
 3. How/where to carry IFAK
 4. How to use IFAK

San Luis Obispo Sheriff's Office – Presenter 2440
First Aid/CPR/AED Practical Refresher – Course
Expanded Course Outline
4-HOUR TRAINING

- G. Intra-nasal Naloxone (Narcan)
 - 1. Use of Naloxone for suspected opioid overdose
 - 2. Policy and when appropriate to use
 - 3. Where to store it
 - 4. How to use it
 - 5. Necessary reporting and documentation
 - a) Completion of report and Naloxone Use Form
 - b) Submission of documents to Program Coordinator
 - (1) Do not submit forms directly to EMSA

III. CPR AND AED

- A. CPR Current guidelines
 - 1. Adults
 - a) Assessment
 - b) Hand placement
 - c) Ratio 30:2
 - d) Compression Depth and Rate
 - 2. Children & Infants
 - a) Assessment
 - b) Hand/Fingers placement
 - c) Ratio 30:2
 - d) Compression Depth and Rate
- B. One-person response
- C. Two-person response
- D. High performance response
- E. Equipment
- F. AED
 - 1. Policy and when appropriate to use
 - 2. Application of AED
 - 3. Necessary reporting and documentation
 - a) Completion of report and AED Use Form
 - b) Submission of documents to Program Coordinator
 - (1) Do not submit forms directly to EMSA

IV. CARRYING/MOVING PATIENTS

- A. When appropriate to carry/move subjects in medical distress
 - 1. Movements
 - a) Tactical considerations
 - b) Cover fire
 - 2. One-person, two-person, three-person
 - 3. Recovery position

San Luis Obispo Sheriff's Office – Presenter 2440
First Aid/CPR/AED Practical Refresher – Course
Expanded Course Outline
4-HOUR TRAINING

V. SCENARIOS

- A. Scenario safety guidelines
 - 1. No weapons allowed in the training site during scenarios
 - 2. Students will work in pairs to complete each of the three scenarios
 - 3. Instructors will evaluate the students and provide feedback regarding:
 - a) Scene safety assessment
 - (1) Identification of environmental dangers
 - (2) Identification of officer safety concerns
 - (3) Identification of danger to the public/bystanders
 - (4) P.P.E.
 - b) Patient assessment
 - c) Appropriateness of treatment
 - d) Knowledge of, proper application and technique for the applied treatment
 - e) Activation of EMS
 - f) Communication with patients, bystanders, partner, and other appropriate parties
 - g) Accurate completion of required documentation
- B. Scenarios
 - a) **First Aid Control Bleeding Scenario** – Students will respond to a stabbing or gunshot victim
 - (1) Students are expected to apply a tourniquet, control the bleeding, and monitor for shock
 - b) **First Aid MASCAL Scenario** - Students respond to a multi-causality incident
 - (1) Students are expected to assess the scene and treat each patient appropriately
 - c) **Overdose/CPR/AED Scenario** – Students will respond to a person down
 - (1) Students are expected to assess the scene, treat the patient and, if necessary, begin CPR & utilize AED on patient

VI. COURSE CLOSURE

- A. Course evaluation forms
- B. Verification of signatures on sign-in sheet