

# **FIRST AID, CPR /AED TRAINING CLASS**

**July 18, 2009**

**Glendora, California**

# Sponsor:



**Glendora Emergency  
Response Communications,**  
an Amateur Radio group of the  
***Glendora California Stake of  
the Church of Jesus Christ of  
Latter-day Saints.***

PARTICIPANT'S WORKBOOK

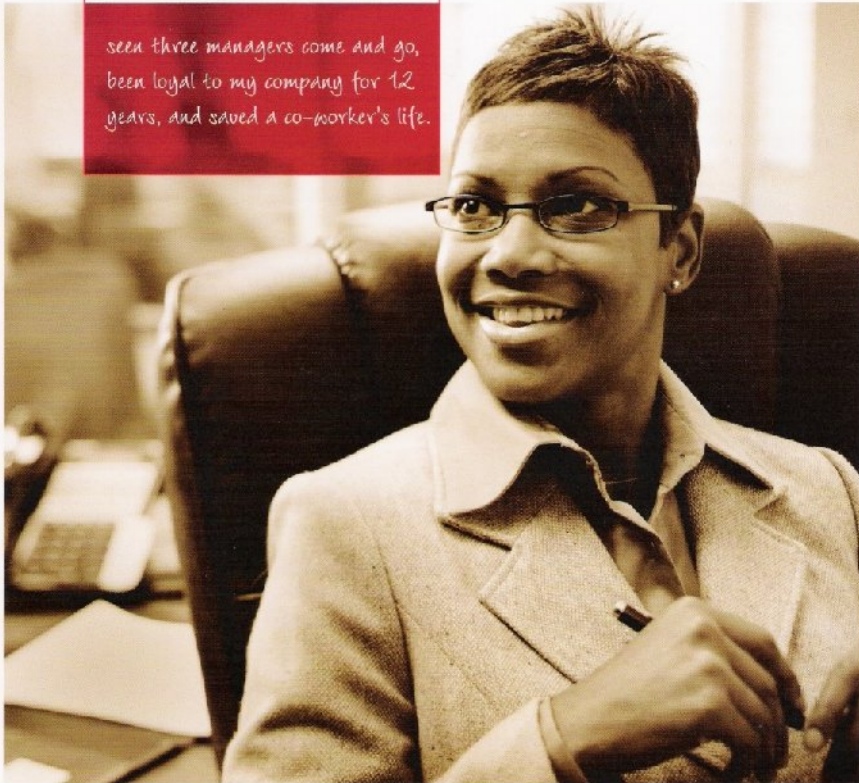


Carolyn S.  
Hayden

## First Aid/CPR/AED for the Workplace

I HAVE:

seen three managers come and go,  
been loyal to my company for 12  
years, and saved a co-worker's life.



# AMERICAN RED CROSS

Class materials:

***“First Aid/CPR/AED  
for the Workplace  
Participant's  
Workbook”***



# TABLE OF CONTENTS

---

Introduction, 1

Lesson 1: **Before Giving Care, 2**

Lesson 2: **Checking an Ill or Injured Person, 12**

Lesson 3: **Breathing Emergencies and Conscious Choking—  
Adult, Child or Infant, 19**

Lesson 4: **Rescue Breathing—Child or Infant, 22**

Lesson 5: **Cardiac Emergencies, 24**

Lesson 6: **CPR and Unconscious Choking—Adult, Child or Infant, 26**

Lesson 7: **AED—Adult, 28**

Lesson 8: **AED—Child, 30**

Lesson 9: **Soft Tissue Injuries, 31**

Lesson 10: **Injuries to Muscles, Bones and Joints, 39**

Lesson 11: **Sudden Illness, 47**

Lesson 12: **Heat- and Cold-Related Emergencies, 51**

Appendix A: **Anatomy of a First Aid Kit, 53**

Appendix B: **Child and Infant Safety Checklist, 54**

Appendix C: **Injury Prevention, 56**

Appendix D: **Incident Stress, 63**

Appendix E: **Substance Abuse, 64**

Appendix F: **Special Situations and Circumstances, 65**

Appendix G: **Asthma, 68**

Appendix H: **Epinephrine Auto-Injector, 71**

Appendix I: **Exams and Answer Sheets, 75**

# Instructor: Dr. Nathan Wall, PhD





# *The Class: There Were 23 Participants*



*We Learned  
How to turn a  
victim over  
safely*





# First Aiders are Protected by Good Samaritan Laws

Good Samaritan laws in the United States are laws or acts protecting from liability those who choose to aid others who are injured or ill. They are intended to reduce bystanders' hesitation to assist, for fear of being sued or prosecuted for unintentional injury or wrongful death.







# Learning Cardiopulmonary Resuscitation

## CPR

*These are NOT Dummies! They  
Helped Us Learn to Save Lives!*



# We all practiced & practiced **CPR**





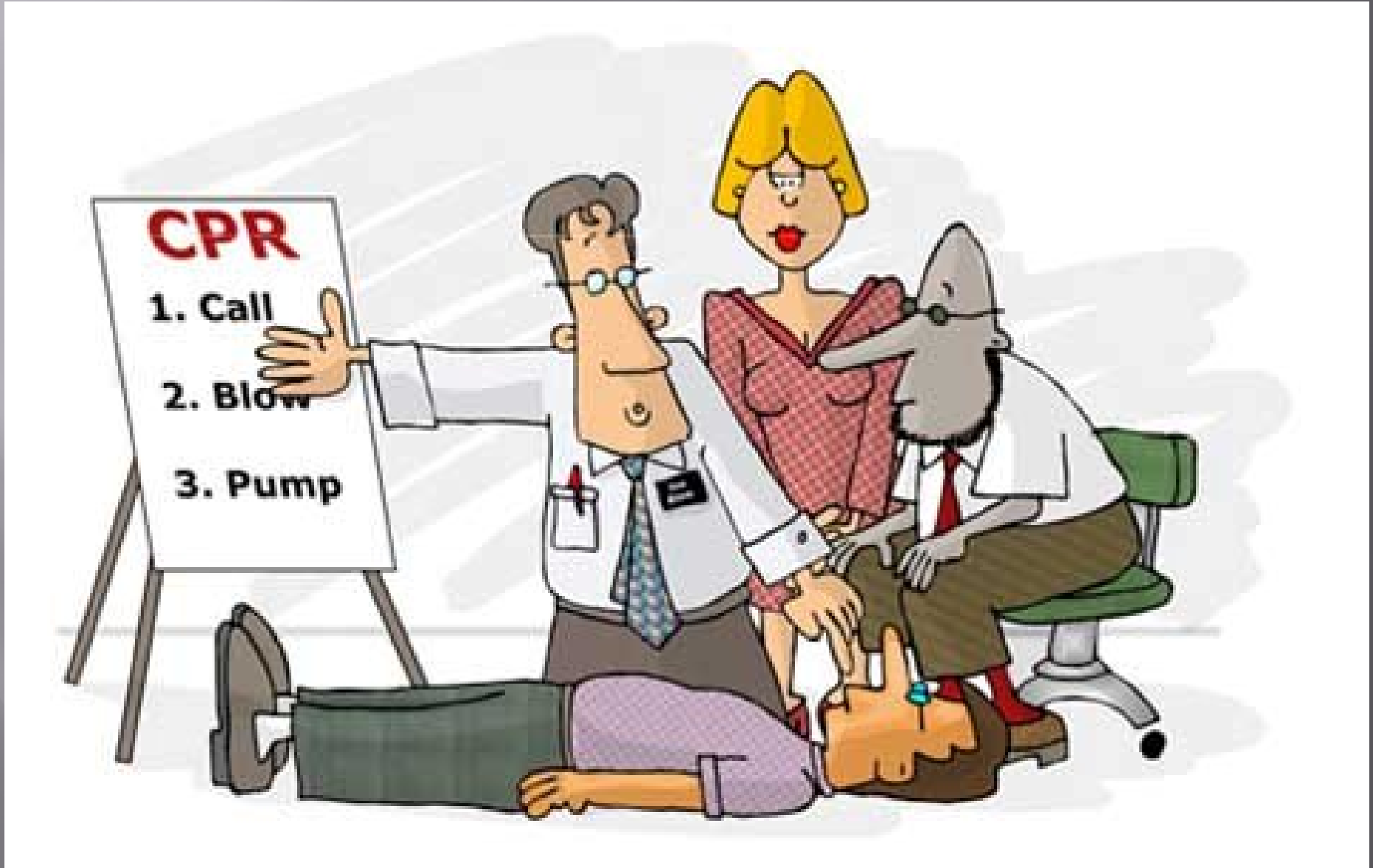
# *We Practiced Infant CPR*



?

**A real infant!**

# We learned the proper techniques





***And More Practice!***

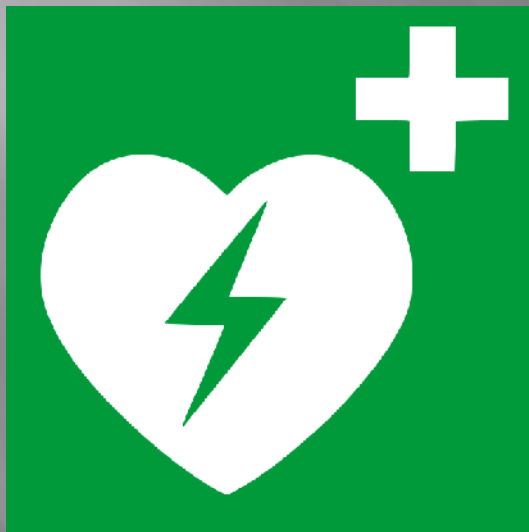




***SUCCESS !***

# *Using the Automated External Defibrillator*

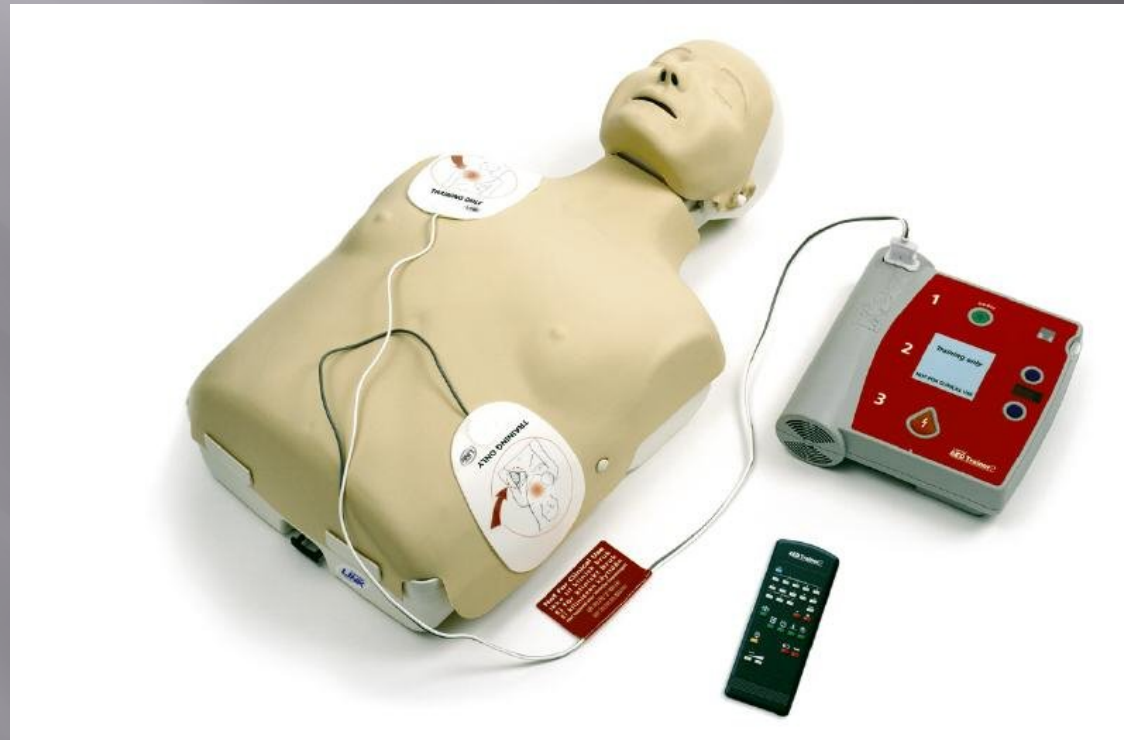
## **AED**



AED Symbol



# *We Learned How to use the Automated External Defibrillator - AED*







*AED devices are  
now available in  
the workplace,  
and training on  
their use is  
essential*

# *The AED has voice commands and diagnostics making it easy to use*





# *However First Aiders are Trained How to Use it Safely*





*We were trained how to use gauze  
and triangular bandages*





**How to make an  
arm a sling**



# How to identify Stroke Victims

***S.T.T.R.***



Can the victim

**SMILE** normally?

**TALK** a coherent sentence?

Stick **TONGUE** out straight?

**RAISE** both arms?

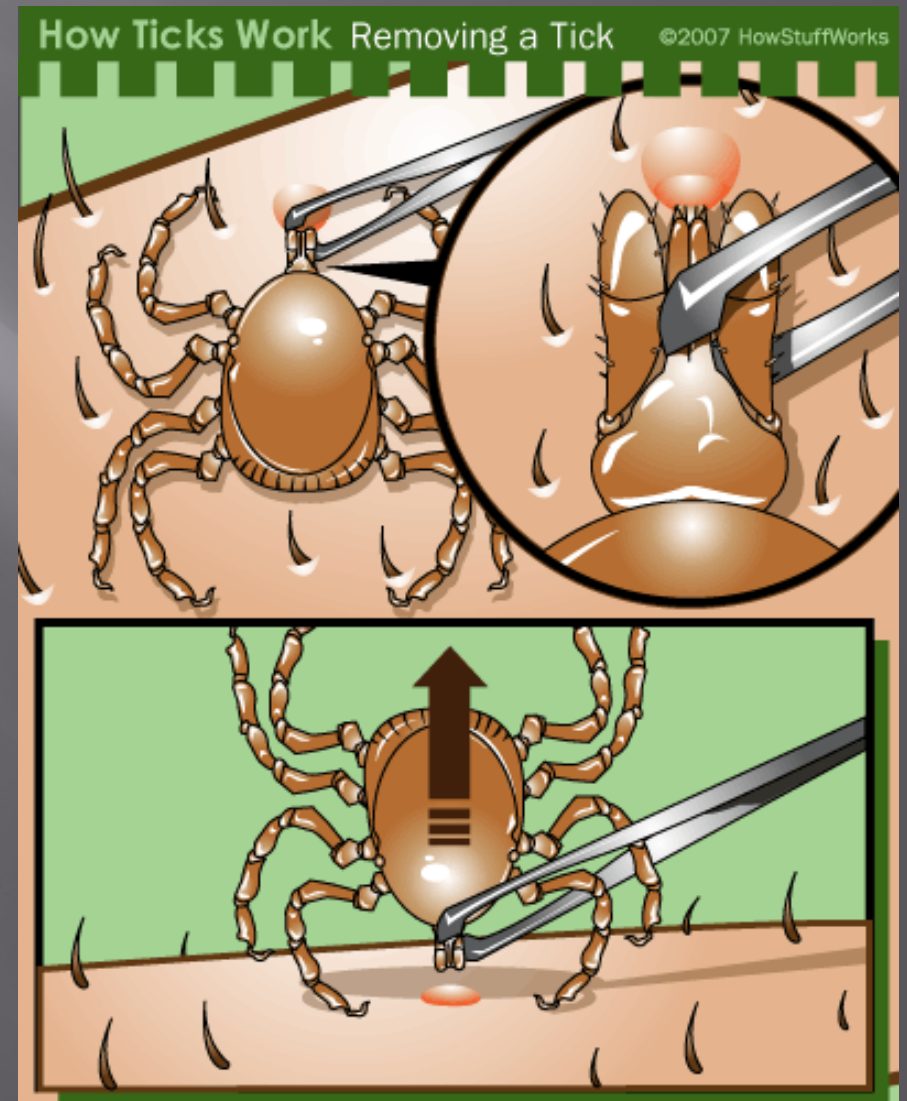


# *Insect Bites!*

## *How to Remove a Tick*



With a pointed tweezer grab head of tick and pull out in a twisting motion



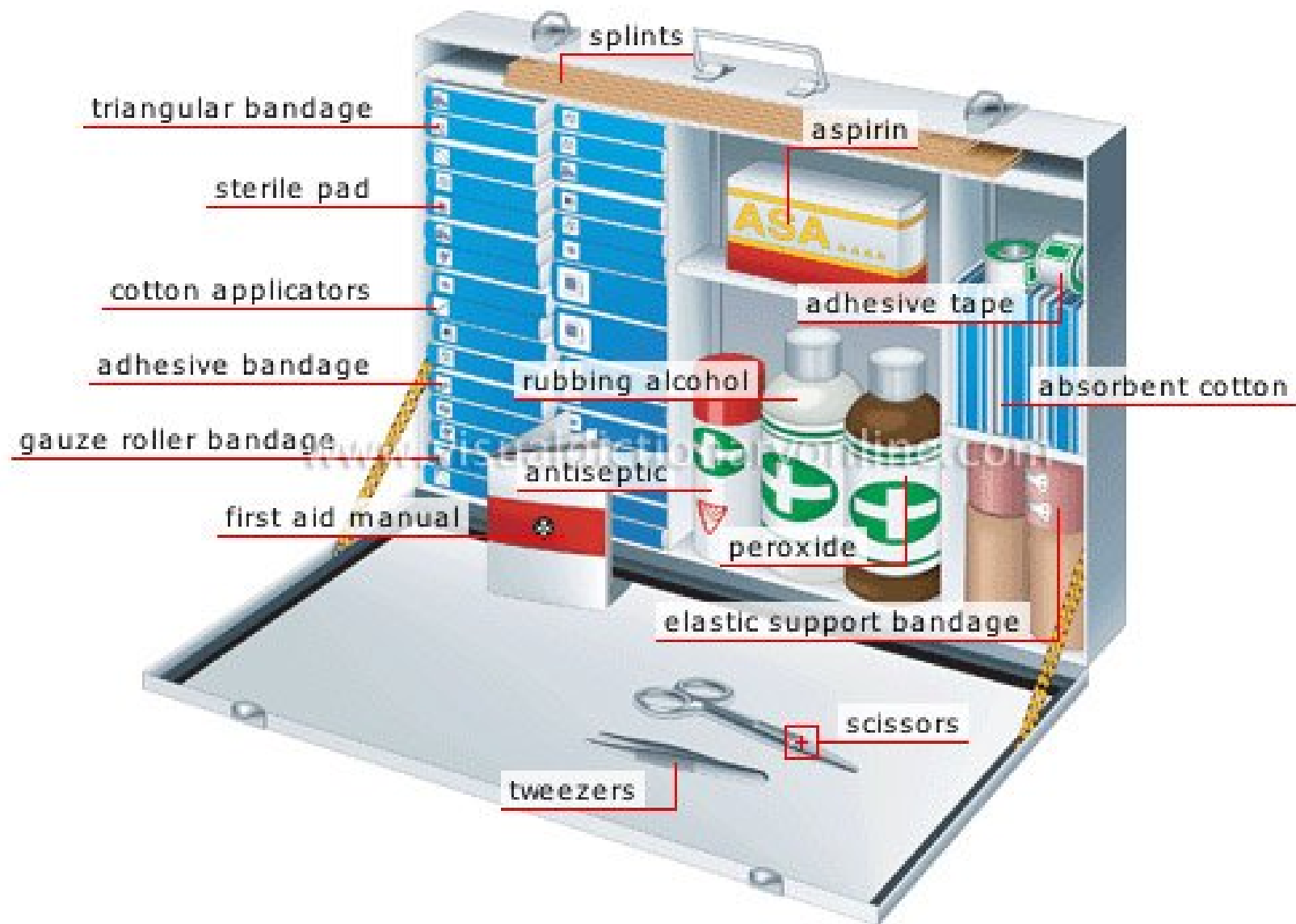
# We Learned Tips on How to Select a First Aid Kit



# There are many variations of First Aid Kits to Suit Your Needs





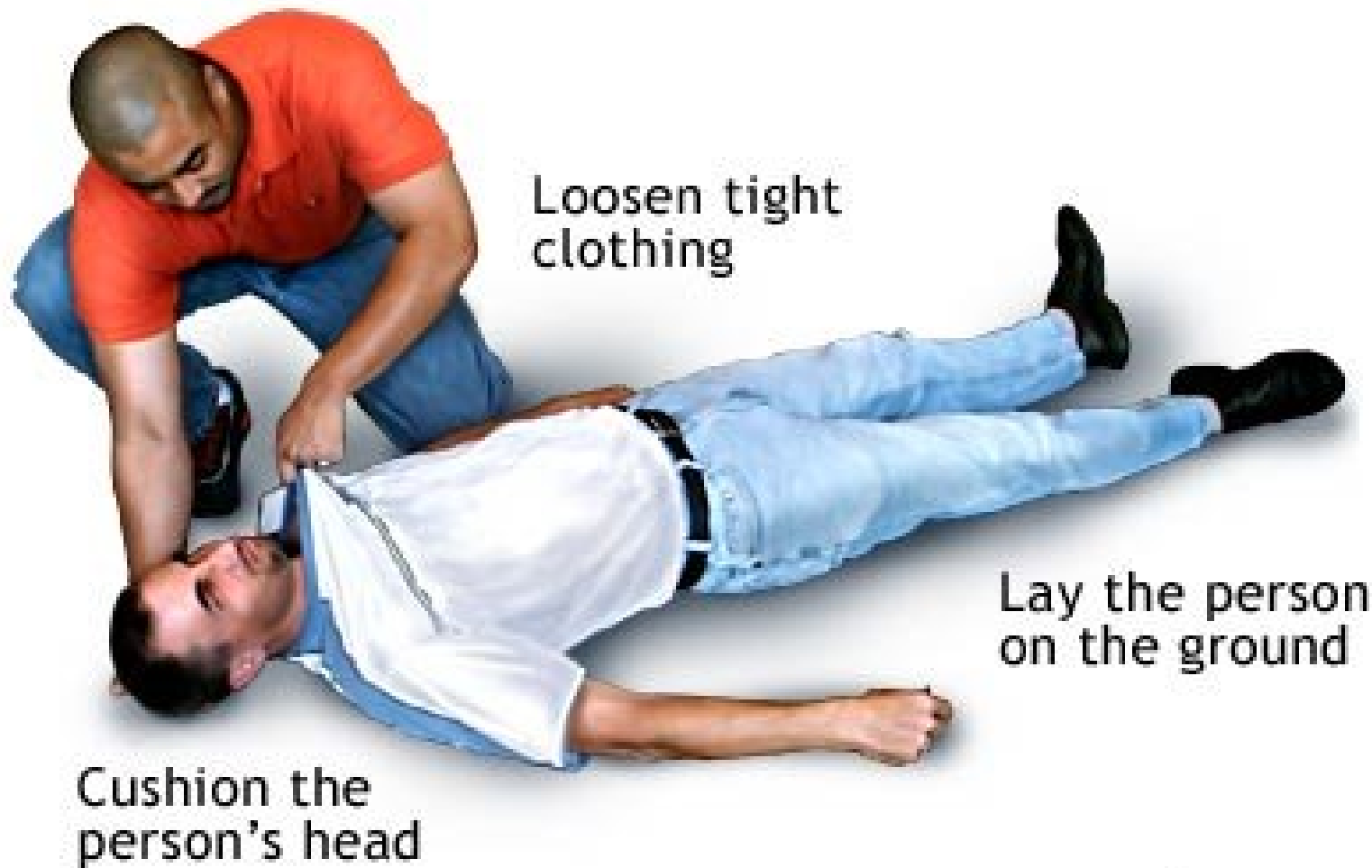


## Basic Components of a First Aid Kit

Everyone was  
eager to learn!



## First Aid: Convulsions





# Thanks to Dr. Nathan Wall for taking Us to the Next Level of Preparedness !

Larry Cude, Jim Dowdle, Doug Steimle, Dyan Steimle, Jonathan Starr, Ray Hertzberg, Mark Hayden, Carolyn Hayden, Janet Anderson, Richard Anderson, Dave Campbell, Arlena Campbell, Lori Mc Donnel, Rich Koch, May Cheng, Susan Switzer, Efrain Sanchez, Patricia Humphrey, Natalie Garcia, Alex Garcia, Scott Benson, Christina Norris, Wayne Kalama.



# THE END

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