

Course: Standard First Aid
Approximate Time: 120 minutes

Note: Italicized skill practice denotes optional skills with accompanying skill sheets in the student manual and related skills videos. Additional time is required if covering optional skills.

Topic	Sub Topics	Skill Practice	Video Segment	Length
Course Logistics		None	No	5 min
Introduction	<ul style="list-style-type: none"> • Understanding Injuries • Importance of First Aid • Role of First Aid Provider 	None	No	5 min
Before Helping, Take the Appropriate Actions	<ul style="list-style-type: none"> • Scene Size-up • Seeking Medical Care • Legal Aspects of First Aid • Disease Prevention • Finding What Is Wrong 	<ul style="list-style-type: none"> • Removing Gloves • Finding What Is Wrong in an Alert Person 	Yes	10 min
Injury Emergencies	<ul style="list-style-type: none"> • Bleeding Control • Wound Care • Blisters • Nose Injuries • Tooth Injuries • Eye/Ear Injuries • Impaled/Embedded Object • Amputations and Avulsions • Head and Spinal Injuries • Chest Injuries • Abdominal Injuries • Bone, Joint, and Muscle Injuries • Burns 	<ul style="list-style-type: none"> • Bleeding Control • <i>Applying a Manufactured Tourniquet</i> • <i>Applying an Improvised Tourniquet</i> • Applying a Roller Bandage on an Arm • <i>RICE Procedure for an Ankle Injury</i> • <i>Applying a Rigid Splint on a Forearm</i> • <i>Applying a Soft Splint on a Forearm</i> • <i>Applying an Arm Sling</i> • <i>Making a Cravat Bandage</i> • <i>Applying a Cravat Bandage on an Arm or Leg</i> • <i>Applying a Cravat Bandage to the Palm</i> 	Yes	45 min

		<i>of the Hand</i>		
Sudden Illnesses	<ul style="list-style-type: none"> • Asthma • Severe Allergic Reactions (Anaphylaxis) • Heart Attack • Stroke • Fainting • Diabetic Emergencies • Seizures • Shock • Pregnancy Complications 	<ul style="list-style-type: none"> • Using an Epinephrine Auto-injector 	Yes	20 min
Environmental Emergencies	<ul style="list-style-type: none"> • Animal Bites • Snake and Other Reptile Bites • Arthropod Bites and Stings • Marine Animal Injuries • Heat-Related Emergencies • Cold-Related Emergencies • Poisoning • Poison Ivy, Poison Oak, and Poison Sumac Reactions 	None	Yes	20 min
Emergency Rescues, Moves, and Priorities	<ul style="list-style-type: none"> • Emergency Rescues • Emergency Moves • Prioritizing Multiple Injured People 	None	No	5 min
Wrap Up	<ul style="list-style-type: none"> • Group Review • Issue Completion Cards 	None	No	10 min