

Bone, Muscle and Joint Injuries

Lesson Topic: Bone, Muscle and Joint Injuries

Class duration: 1 x 75 minutes

Lessons for this unit are in the following order:

1. Introduction to First Aid and CPR Principles
2. Airway- Choking
3. Breathing and Circulation Emergencies
4. Cardiac Arrest
5. Wound Care
6. Bone, Muscle and Joint Injuries

Time	Activity
3 min	<p>General Notes</p> <ul style="list-style-type: none">• The following series of lessons can be used as a training guide for health care courses but DO NOT cover the entire CPR/ FA program and thus, no official certifications can be given based on the lessons presented in this unit.• These lessons have been developed from the current Canadian Red Cross Standard CPR/ FA guidelines <p><u>CLEANING EQUIPMENT</u></p> <ul style="list-style-type: none">• It is the responsibility of the instructor to ensure that all the equipment used during the course is clean and safe for use.• All equipment should be disinfected after use <p>Note: Alcohol wipes should be readily available for participants to use before and during class.</p> <p>*** SEE WHMIS/ MSDS SHEETS ATTACHED FOR ISOPTOPYL ALCOHOL***</p> <p>Materials Needed</p> <ol style="list-style-type: none">1. Equipment cleaning supplies2. Triangle bandages3. Hard splinting supplies (boards, magazines etc)4. Soft splinting supplies (blankets, pillows) <p>1. Bone, muscle and joint injuries</p> <ul style="list-style-type: none">• The powerpoint has been provided• Check the notes below for additional teaching strategies and when to have the students practice each skill learned• There are MSDS sheets attached for Isopropyl alcohol