

Introduction to First Aid and CPR Principles

Lesson Topic: Intro to CPR/ FA

Class duration: 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">• CPR/ FA Principles are vitally important and span many areas and courses in the Health Care curriculum in Ontario• 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>Materials Needed</p> <ol style="list-style-type: none">1. A first aid kit to demonstrate to class2. Checklist for calling 9-1-13. 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 certifications can be given based on the lessons presented in this unit. <p>1. Responding to a CPR or FA Emergency: The basics</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 is a checklist provided for calling 9-1-1