

Breathing and Circulation Emergencies

Lesson Topic: **Breathing and Circulation Emergencies**

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">• 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. EPI pen trainer2. Examples of Inhalers if you have them <p>1. Breathing and Circulation emergencies</p> <ul style="list-style-type: none">• The only skill to practice in this lesson is the use of an EPI pen