

NOVA COLLEGE-WIDE COURSE CONTENT SUMMARY HLT 106 – FIRST AID AND SAFETY (2 CR.)

Course Description

Focuses on the principles and techniques of safety and first aid. Lecture 2 hours per week.

Course Purpose

The First Aid course will provide students with a basic understanding of common first aid emergencies and the appropriate response for a lay rescuer.

Course Prerequisites/Corequisites

None

Course Objectives

Upon Completing the course, the student will be able to:

- Verbalize understanding of problem identification in a medical emergency situation.
- Demonstrate appropriate response to selected emergencies.
- Identify the steps to be initiated as a first aid provider for the injury emergencies.
- Demonstrate knowledge by passing the AHA written exam and accurately demonstrate skills per the AHA testing guidelines. After successful completion, the student will receive an American Heart Association Heartsaver First Aid card.

Major topics to be included:

- Breathing problems
- Choking
- Allergic reactions
- Heart Attack
- Fainting
- Diabetic emergencies
- Stroke
- Seizures
- Shock
- Insect bites
- Poisoning
- Bleeding
- Wounds
- Fractures and sprains
- Burns
- Head, neck and spinal injuries