

FIRST RESPONDER/EMR (EMERGENCY MEDICAL RESPONDER) (90 Hours)

Course No.: 76-35-70

COMPETENCY CHECKLIST

Student Name _____

Teacher Name _____ School Site _____

Start Date _____ Completion Date _____ Certificate Date _____

Teacher Signature _____ Student Signature _____

(Signature verifies completion of course competencies)

A. **ORIENTATION** (2 hr)

- _____ 1. Scope/purpose of the course
- _____ 2. Roles/responsibilities of first responder
- _____ 3. Define emergency system & first responder
- _____ 4. Course content as part of Linked Learning
- _____ 5. Class policies, procedures, and safety issues
- _____ 6. Industry jobs that impact first responders
- _____ 7. Promoting gender equity/non-traditional
- _____ 8. Purpose of Cal/OSHA and its laws
- _____ 9. Impact of EPA legislation on health industry
- _____ 10. Pass safety test with 100% accuracy

B. **INTRODUCTION TO EMS SYSTEMS** (2 hr)

- _____ 1. Define emergency medical services
- _____ 2. Identify components of EMS system
- _____ 3. Steps necessary to activate EMS system
- _____ 4. In-hospital care system/medical oversight
- _____ 5. Roles/responsibilities of first responder
- _____ 6. Traits/skills required for first responder
- _____ 7. Use/care/maintenance of equipment/tools

C. **LEGAL AND ETHICAL ISSUES** (6 hrs)

- _____ 1. Define listed terms related to topic
- _____ 2. Scope of care and standard of care
- _____ 3. Describe HIPAA and its importance
- _____ 4. Ethical responsibilities of first responder
- _____ 5. Negligence/abandonment/refusal of care
- _____ 6. Issues related to competence and consent
- _____ 7. Advance directives and consent documents
- _____ 8. Describe special situations

D. **WELL-BEING OF THE FIRST RESPONDER** (2 hrs)

- _____ 1. Define listed terms related to topic
- _____ 2. Precautions taken prior to performing role

- _____ 3. Emotional/mental aspects of emergency care
- _____ 4. Stages of death and dying
- _____ 5. Demo listed items related to well-being
- _____ 6. Dangers of blood/airborne pathogens
- _____ 7. Employee's maintaining of well being

E. **THE HUMAN BODY** (5 hrs)

- _____ 1. Identify the eleven systems of the body
- _____ 2. Describe function of each of 11 body systems
- _____ 3. Describe positional and directional terms
- _____ 4. Identify body regions and cavities
- _____ 5. Define/spell/pronounce body system terms
- _____ 6. Medical disorders common to each system
- _____ 7. Effects of aging on each body system
- _____ 8. How function of each system is interrelated

F. **MEDICAL TERMINOLOGY** (6 hrs)

- _____ 1. Define basic medical terms
- _____ 2. Demo application of medical terminology rules
- _____ 3. List/define common medical abbreviations
- _____ 4. List/identify 10 medical symbols used by EMR

G. **LIFTING, MOVING, AND POSITIONING PATIENTS** (4 hrs)

- _____ 1. Define body mechanics
- _____ 2. Identify when and how to move a patient
- _____ 3. Describe body mechanics & lifting techniques
- _____ 4. Emergency vs. nonemergency moves
- _____ 5. Identify/demo steps for listed moves/positions
- _____ 6. Communication between EMR and client

H. **AIRWAY MANAGEMENT** (6 hrs)

- _____ 1. Define listed terms related to topic
- _____ 2. Understand why and how we breathe
- _____ 3. Identify necessary for patient assessment

- _____ 4. Identify proper techniques to open airway
- _____ 5. Demo listed airway/breathing techniques
- _____ 6. Identify/demo aids to resuscitate
- _____ 7. Communication between EMR and client

I. ASSESSMENT OF THE PATIENT (5 hrs)

- _____ 1. Define listed terms related to topic
- _____ 2. Identify assessment components
- _____ 3. Identify stable vs. unstable patient
- _____ 4. Identify trauma patient vs. medical patient
- _____ 5. Define/describe importance of vital signs
- _____ 6. Describe sizing-up a scene
- _____ 7. Describe/demo initial assessment
- _____ 8. Elements of focused history & physical exam
- _____ 9. How to perform a detailed examination
- _____ 10. Describe the ongoing assessment
- _____ 11. Communication between EMR and client

J. CARDIOPULMONARY RESUSCITATION (CPR) AND AUTOMATED EXTERNAL DEFIBRILLATORS (AED) (8 hrs)

- _____ 1. Define listed terms related to topic
- _____ 2. Identify the chain of survival
- _____ 3. Relationship between circulation and CPR
- _____ 4. Three basic elements of CPR
- _____ 5. CPR techniques for adults/children/infants
- _____ 6. Describe/demo steps in using an AED
- _____ 7. Techniques that insure effective CPR for all
- _____ 8. Identify special CPR/AED situations
- _____ 9. Responsibilities in giving CPR/using the AED

K. MEDICAL EMERGENCIES (8 hrs)

- _____ 1. Define heart attack and heart failure
- _____ 2. Assessment of listed medical emergencies
- _____ 3. Identify various medical emergencies

L. BLEEDING, SHOCK, AND SOFT-TISSUE INJURIES (8 hrs)

- _____ 1. Define circulatory system and soft tissue
- _____ 2. Components/function of circulatory system
- _____ 3. Identify types of bleeding
- _____ 4. Identify types of shock, signs and symptoms
- _____ 5. Describe types of soft-tissue injuries
- _____ 6. Identify different types of soft-tissue injuries
- _____ 7. Basic emergency care for soft-tissue injuries
- _____ 8. Describe specific care for listed injuries

M. MUSCLE AND BONE INJURIES (4 hrs)

- _____ 1. Define extremity & musculoskeletal system
- _____ 2. Identify parts of musculoskeletal system
- _____ 3. Identify signs/symptoms of extremity injuries

- _____ 4. Identify types/causes of extremity injuries
- _____ 5. Demo care of musculoskeletal injuries
- _____ 6. Describe/demonstrate the rules of splinting
- _____ 7. Identify types of splints
- _____ 8. Management of specific extremity injuries
- _____ 9. Describe injuries to head, spine, and chest
- _____ 10. Caring for musculoskeletal injuries
- _____ 11. Communication between EMR and client

N. PREGNANCY AND CHILDBIRTH (4 hrs)

- _____ 1. Describe anatomy of pregnancy
- _____ 2. Describe steps required to prepare for delivery
- _____ 3. Describe the various types of delivery
- _____ 4. Identify complications/emergency situations

O. INFANTS AND CHILDREN (5 hrs)

- _____ 1. Identify responses based on age and size
- _____ 2. Describe assessment of infants and children
- _____ 3. Identify/describe care of various emergencies
- _____ 4. Identify/describe care of trauma emergencies

P. GAINING ACCESS & HAZARDS ON SCENE (2 hrs)

- _____ 1. Techniques to prepare for emergency call
- _____ 2. Practicing safety when approaching scene
- _____ 3. Describe/demo protocol for vehicle collisions
- _____ 4. Recognizing listed hazards in buildings
- _____ 5. Helicopter operations/air medical transport
- _____ 6. Communication during access procedures

Q. MULTIPLE-CASUALTY INCIDENTS, TRIAGE, AND THE INCIDENT MANAGEMENT SYSTEM (3 hrs)

- _____ 1. Describe proper head-to-toe evaluation
- _____ 2. Treatment: non-life threatening emergencies
- _____ 3. Demo Simple Triage and Rapid Treatment
- _____ 4. Demo effective treatment area management
- _____ 5. Identify steps in developing a response team
- _____ 6. Identify components of the local ICS & SEMS
- _____ 7. State the duties of the ICS team members
- _____ 8. Components of NIMS established by the DHS
- _____ 9. Communication during multi-casualty incident

R. PHARMACOLOGY (2 hrs)

- _____ 1. Define pharmacology
- _____ 2. Medication that may be used in the field
- _____ 3. Use of listed meds carried by responder unit
- _____ 4. Recognize listed prescribed medications
- _____ 5. Rules for administering different medications
- _____ 6. Identify routes for administering medications

S. SWIMMING AND DIVING INCIDENTS (1 hr)

- _____ 1. Identify water-related incidents
- _____ 2. Describe steps in reaching the victim

- _____ 3. Care for patients in water-related incidents
- _____ 4. Diving board and scuba diving incidents

T. RESPONSE TO TERRORISM AND WEAPONS OF MASS DESTRUCTION (1 hr)

- _____ 1. Define terrorism and WMDs
- _____ 2. Describe the history of terrorism
- _____ 3. State dos and don'ts during terrorist act

U. EVALUATION (3 hrs)

- _____ 1. Review highlights of previous lessons
- _____ 2. Pass tests with 80% accuracy

V. FIRST RESPONDER SKILLS (HOURS VARY)

- _____ 1. Describe/demonstrate applicable skills
- _____ 2. State communication strategies with client

W. EMPLOYABILITY SKILLS (3 hrs)

- _____ 1. Career options available for first responders
- _____ 2. Develop a career plan
- _____ 3. Goals for self-improvement/lifelong training
- _____ 4. Function of professional organizations
- _____ 5. Summarize employer requirements
- _____ 6. Identify potential employers
- _____ 7. Role of social media in the job search
- _____ 8. Design sample resumes and cover letters
- _____ 9. Importance of filling out a job application
- _____ 10. Complete sample job application forms
- _____ 11. Importance of enthusiasm on a job
- _____ 12. Importance of appropriate appearance
- _____ 13. Importance of continuous upgrading of skills
- _____ 14. Identify the importance of customer service
- _____ 15. Describe/demo interviewing techniques
- _____ 16. Info/materials for successful interview
- _____ 17. Design sample follow-up letters
- _____ 18. Demo appropriate follow-up procedures
- _____ 19. Volunteer opportunities at EMS agencies