

Standard CPR / AED / First Aid Adult / Child / Infant 2025 Guidelines

Section 1



ACME
Emergency Care
and Safety Training

REV-070126

This Program will Cover:

- Standard First Aid
- Plus, Some advanced topics, that I consider to be of value
- CPR (Cardiopulmonary resuscitation) - Adult / Child / Infant
- AED (Automated External Defibrillator) - Adult / Child / Infant
- Some emphasis will be given to Wilderness related emergencies
- Questions are encouraged as other students may benefit from the clarification
- This class will have quite a bit of hands-on skills practice

We will go in the following order today:

- Section 1, 2, & 3 - First Aid Foundation Information
- Section 7 - CPR, AED & Airway Emergencies (Choking)
- Lunch
- Section 4 - Injuries
- Section 5 - Sudden Illness Emergencies
- Section 6 - Environmental Emergencies
- First Aid Kits

What Is First Aid?

- Four goals of first aid
 - Preserving life
 - Alleviating suffering
 - Preventing further illness or injury
 - Promoting recovery
- First Aid providers, with their training, are a critical part of the emergency medical system.
- They may be the first on scene to provide life-saving interventions.



What Is First Aid?

- Characteristics of emergencies:
 - Dangerous (at times)
 - Unusual/rare
 - Different from one another
 - Unforeseen
 - Urgent
- Two types of emergencies:
 - Illness
 - Injury
- Both can occur in the same person at the same time.
- Most people will require emergency care at some point in their lives

What Is First Aid?

- Value of first aid to others
 - People with first aid training more likely to provide care to others
- Value of first aid to self
 - Same training can be applied to one's own injuries/illnesses



Figure 1-2

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Legal Considerations

- Most people believe helping others is the right thing to do
- You are not legally required to help, unless you have a legal duty to act: EMT, Firefighter.....



Figure 1-3

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Legal Considerations

■ Good Samaritan laws

- Applies to anyone who provides voluntary, unpaid care during an emergency
- Provides reasonable protection against lawsuits
- Encourages people to help others during an emergency

Utah Good Samaritan Law:

A person who renders emergency care at or near the scene of, or during, an emergency, gratuitously and in good faith, is not liable for any civil damages or penalties as a result of any act or omission by the person rendering the emergency care, unless the person is grossly negligent or caused the emergency..

Legal Considerations

■ Good Samaritan laws (cont'd)

- General conditions:

- Good intentions
- No expectation of compensation
- Within the scope of your training
- No grossly negligent (reckless) actions:

- Giving substandard care
- Withholding care when you have a duty to act
- Intentionally causing harm
- Exceeding your level of training
- Abandonment - *Once starting treatment, you are legally obligated to remain with the person until care is turned over to an equally or better trained person or group. Unless your own safety is threatened, leaving a person may be interpreted as neglect or abandonment.*

Legal Considerations

- Confidentiality

- Do not discuss what you know with anyone other than those who have a medical need to know
 - Exceptions based on state law include; rape, abuse, and gunshot wounds

Legal Considerations

■ Consent

- Always obtain consent (permission) before giving first aid
 - Consent can be expressed (verbal or head nodding)
 - Consent can be implied (unresponsive person / child with no parent or guardian present)
- Touching another without consent is illegal
- If a person with a serious illness or injury refuses help, call 911 and observe the person until EMS arrives.

Emotional Considerations

- An emergency scene can be an emotional, chaotic place
 - Training will help you to know what to do and how to respond
 - Stay focused and calm
- Post care reactions
 - Discussing emotions can help prevent adverse reactions later.
 - You must accept that you cannot save everyone, however, being prepared can make a difference