

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

Section1



**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

# What Is First Aid? (1 of 6)

- Four goals of first aid
  - Preserving life
  - Alleviating suffering
  - Preventing further illness or injury
  - Promoting recovery

# What Is First Aid? (2 of 6)

- First aid providers are more than just bystanders who decide to help
  - Trained in decision making based on medical guidelines
  - Meet first aid competencies
  - Critical parts of the emergency medical system



**Figure 1-1**

Courtesy of Shane MacKichan

# What Is First Aid? (3 of 6)

- Characteristics of emergencies:
  - Dangerous (at times)
  - Unusual/rare
  - Different from one another
  - Unforeseen
  - Urgent
- Two types of emergencies:
  - Medical
  - Traumatic
- Both can occur in the same person at the same time.

# What Is First Aid? (5 of 6)

- Who needs first aid?
  - Heart disease and unintentional injuries are leading causes of death in the U.S.
  - Most people will require emergency care at some point in their lives

# What Is First Aid? (6 of 6)

- Value of first aid to others
  - People with first aid training more likely to provide care to others
  - Safety awareness
- 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 (1 of 6)

- 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 (2 of 6)

## ■ Good Samaritan laws

- Apply to anyone who provides voluntary, unpaid care during an emergency
- Provide reasonable protection against lawsuits
- Encourage 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 (3 of 6)

## ■ 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 (4 of 6)

## ■ 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 (5 of 6)

## ■ Consent

- Always obtain consent (permission) before giving first aid
- Touching another without consent is illegal
- Special considerations for minors and those who are unresponsive/incapacitated

# Legal Considerations (6 of 6)

| If...                                                                                                    | Then...                                                                                                                                                                                                                                                                                                                                                                 |
|----------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| The person is mentally competent, of legal age, and gives permission verbally or with a nod of the head. | Help the person by giving first aid.                                                                                                                                                                                                                                                                                                                                    |
| The person refuses help, but the injury or illness is serious.                                           | Explain their medical condition, what you propose to do, and why first aid is necessary.<br>If they still refuse treatment, call 9-1-1.<br>Try to have a witness to avoid potential legal problems.                                                                                                                                                                     |
| Any person, adult or child, is unresponsive with a life-threatening condition.                           | Assume they would accept your help (implied consent) and give first aid.                                                                                                                                                                                                                                                                                                |
| A child's parent or legal guardian is present or can be quickly contacted.                               | Obtain permission from a parent or legal guardian before giving first aid.                                                                                                                                                                                                                                                                                              |
| A child's parent or legal guardian is not present or cannot be contacted.                                | If the situation is an emergency, assume that you have permission to help their child (implied consent).<br>If professional medical help is needed, call 9-1-1.<br><b>DO NOT</b> drive the child to the hospital. Driving a child anywhere without permission of a parent or legal guardian, even with good intentions, can potentially lead to kidnapping allegations. |
| An adult is mentally incompetent (unable to make rational decisions).                                    | Obtain permission from a parent or legal guardian before giving first aid. In most situations, a law enforcement officer is the only person with the authority to take the person under protective custody for assessment and treatment.                                                                                                                                |

# Emotional Considerations (1 of 2)

- 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

# Emotional Considerations (2 of 2)

- Post care reactions
  - “Emotional letdown” after stressful event
  - Discussing emotions can help prevent adverse reactions later
    - PTSD
  - You must accept that you cannot save everyone, but being prepared can make all the difference