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

Section1



ACME
Emergency Care and Safety Training

REV-070126

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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

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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

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What Is First Aid?

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



- You, with your First Aid training, are a critical part of the emergency medical system.

- You may be the first on scene to provide life-saving interventions.

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What Is First Aid?

- Characteristics of emergencies:
  - Dangerous (at times)
  - Unusual/rare
  - Different from one another
  - Unforeseen
  - Urgent - (if not addressed immediately, the situation will escalate)

- 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
- Recognizing that an emergency exists and knowing how to get and give help can be crucial in saving a life or limb.

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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..

California Good Samaritan Law:

No person who in good faith, and not for compensation, renders emergency medical or nonmedical care or assistance at the scene of an emergency shall be liable for civil damages resulting from any act or omission other than an act or omission constituting gross negligence or willful or wanton misconduct.

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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, l*eaving a person may be interpreted as neglect or abandonment.**

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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

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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. If they become unresponsive you now have implied consent to help them.

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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.

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