

First Aid and Safety

HLTH1200

Instructor Information

Phone:

Email:

Office Location:

Office Hours

Best Time to Contact:

Course Description

American Red Cross First Aid – Responding to Emergencies course. Provides the student/citizen responder with the knowledge and skills necessary in an emergency to help sustain life, reduce pain, and minimize the consequences of injury or sudden illness until professional medical help arrives.

Credits: 2

Course Student Learning Outcomes

Outline how the EMS system works and the citizen responder's role in the EMS system, including how to activate EMS.

Appraise the signs and symptoms of breathing emergencies, including choking, and demonstrate how to provide rescue breathing and first aid for choking.

Recite the major risk factors for cardiovascular disease and describe how to minimize them.

Appraise the signs and symptoms of a possible heart attack and describe how to care for someone who is experiencing persistent chest pain.

Recognize the signs of cardiac arrest and demonstrate how to provide CPR until emergency medical care arrives.

Determine threatening bleeding and execute standards of care to control it.

Identify the signal of various soft tissue and musculoskeletal injuries and demonstrate how to care for them.

Outline the signs and symptoms of shock and describe how to minimize its effects.

Recognize the signs and symptoms of sudden illness including poisoning, bites and stings, heat and cold emergencies and describe how to care for them.

Deduce when and how to move a victim in an emergency situation.

College Wide Student Learning Outcomes

1 - Acquire substantive knowledge

2 - Communicate effectively

3 - Develop quantitative literacies

4 - Think critically & creatively

5 - Become a community engaged learner

6 - Work in professional & constructive manner

7 - Develop computer & information literacy

8 - Develop lifelong wellness

Course Prerequisites

None

COURSE POLICIES:

This syllabus contains the policies and expectations that have been established for this course. These policies and expectations are intended to create a productive learning atmosphere for all students. Please bring any concerns you may have to my attention.

- ALL assignments will be submitted electronically. Software programs may vary in the way information is formatted. It is your responsibility to verify that your assignments are the proper length and format.
- It is assumed that if you are taking this course, you have access to a reliable device. Have a backup computer arranged with a friend or family member in case of computer malfunction. Computers are available at the public library and in Salt Lake Community College libraries. If there is a problem with Canvas or the SLCC network, the instructor will be the first to know and will adjust due dates if necessary. If you have difficulty accessing the course Canvas site, contact the Salt Lake Community College Help Desk at 801-957-5555.
- Messages will be posted on the course “Home” page and in the “Announcements” tab in Canvas. Please be sure you read these messages as they contain pertinent information.
- Communication is key! If you have a question, email me through the Canvas Inbox. I typically respond to messages within 24-48 hours during the work week. I also check messages periodically on weekends. Please do not wait to contact me if you are having any issues in or out of the course. It is much easier for me to work with you if I know what is going on as soon as possible.
- To create and preserve a course atmosphere that optimizes teaching and learning, all students share the responsibility of creating a positive learning environment. Students are expected to conduct themselves in a manner that does not disrupt teaching or learning, and they are expected to follow these standards: Course discussions should be civilized and respectful to everyone and relevant to the topic we are discussing; Discussion forums are meant to allow for a variety of viewpoints, this can only happen if we respect one another and our differences.
- Please see Canvas for the Institutional Syllabus with important institutional policy and services information.

Course Content Warnings/Trigger Warnings

COURSE REQUIREMENTS AND EXPECTATIONS:

Attend and actively participate in class. This is the most important factor in an activity class. Consistent logging into Canvas and attendance with a good attitude

are the best ways to get a great grade! For in-person and hybrid classes, absences will not be excused. However, there will be some opportunities to earn points to cover lost participation points, late arrivals, or absences. It will be up to the student to earn these points – the best policy is to attend! *Classes due to missed registration will be counted as absences. *If you choose not to attend, you accept the responsibility for what occurs during your absence.*

Complete assignments given by the instructor by set due dates. *Note: When an assignment is locked, you must contact the instructor through email or during class to request an extension. There is enough time between assignments that if you complete them early you will be okay if an emergency arises. We recommend writing all due dates on your calendar and putting reminders in your phone to help you stay on track.

Students must progress through the Canvas modules in the order they are presented. All pages must be viewed and assignments completed within the current module before the next module will unlock. If you miss an assignment, your instructor will issue a grade of 0 points. Please ensure that you have viewed an assignment page even if you did not complete the assignment. This will allow you to stay on track and move to the next module.

Plan ahead and get work done in advance as much as possible before leaving on vacation or facing anticipated life events.

Arrive on time to class and participate for the entire duration. Attendance will be taken every class. It is important that you stay until the end of class or points will be lost for leaving before the instructor dismisses the class. If you arrive late or leave class early, you might lose participation points.

Students participating in other activities besides class work including but not limited to talking, doing homework, sleeping, etc. will lose participation points.

Please wear appropriate clothing and footwear for workouts (remember appropriate depends on the course you are enrolled in). Students who fail to dress appropriately and participate in class will lose participation points. This is also a safety concern.

Notify the instructor immediately in the event of any injury, or change in health status that occurs before, during, or after class. Please do not leave class without notifying the instructor. Make safety an important part of your learning experience.

Cell phone use, text messaging, and all other electronic devices are not allowed during class time. Please make sure that all devices are silenced and stored in your backpack during class time. Students using these devices during class time will lose participation points.

Practice mutual respect and cooperation. We all contribute to the learning community and can learn from one another. Disrespect towards either the instructor or fellow students will not be tolerated and will result in being asked to leave the classroom and an absence is given.

You may not record or publish information from the class without written authorization from the instructor. If used without authorization you have violated Privacy/Intellectual Property Rights

Assignment Schedule

Due Date Assignment Name Assignment Type Points

[Introduce Yourself](#) Discussion 0

[Introduce Yourself](#) Discussion 0

9/15 [Introductions -](#)

[Discussion](#) Discussion 25

9/15 [Lesson 1 Quiz](#) Quiz 10 9/15 [Lesson 2 Quiz](#) Quiz 10 9/15 [Lessons 3-5 Quiz](#)

Quiz 20 9/22 [Lesson 6 Quiz: The](#)

[Human Body](#) Quiz 18

9/22 [Lesson 7 and 8 Quiz](#) Quiz 17 9/30 [Skill Session 1 -](#)

[Assessment](#) Assignment 100

Due Date Assignment Name Assignment Type Points

10/6 [Lesson 9-16 Quiz](#)

		(Chapter 6) Quiz 39
10/13	Lesson 17-19 Quiz	
		(Chapter 7) Quiz 26
10/20	Lesson 20-22 Quiz Shock, Chapter 9)	
	(Bleeding, Chapter 8 and Quiz 25	
10/27	Lesson 23 Quiz	
		(Chapter 10) Quiz 24
11/2	Skill Session 2 -	
		CPR/AED/Choking Assignment 300
11/3	Lesson 24 Quiz	
		(Chapter 11) Quiz 16
11/3	Lesson 25 Quiz	
		(Chapter 12) Quiz 15
11/10	Lesson 26 Quiz	
		(Chapter 13) Quiz 15
11/10	Lesson 27 Quiz	
		(Chapter 14) Quiz 10
11/17 11/17 11/17	Lesson 28 - Chapter	
	Lesson 29 Quiz (Chapter Lesson 30 and 31 Quiz	
	16)	(Chapter 17) Bites and
	Poisoning	Stings
	15 Quiz (Sudden Illness)	Quiz 18 Quiz 15 Quiz 10

Due Date Assignment Name Assignment Type Points [Lesson 32 Quiz](#)

11/17	Grading Scale (Chapter 18) Substance Abuse and Misuse	and Illnesses [Nov 21-26] Quiz 10
11/24	Lessons 33-34 Quiz (Chapter 19) Heat and Cold Related Illnesses and Emergencies	Quiz 20 Assignment 100
11/26	Skill Session 3 - Injuries	

SLCC Grading Standards

Grading Scale

A = 95-100% C+ = 76-79% D- = 60-62% A- = 90-94% C = 73-75% E = 59% or below B+ = 86-89% C- = 70-72%

B = 83-85% D+ = 66-69%

B- = 80-82% D = 63-65%

If the digit at the tenths place is less than 5 we have to round the number down to the nearest whole number, if it is 5 or greater, we round up to the next whole number. So 94.4 will be an A- and 94.5 will be an A.

UNDERGRADUATE (UG) and APPRENTICESHIP (AP) GRADING

SYSTEM Grade Grade Points

A Excellent	4.0
A- Excellent	3.7
B+ Good	3.4
B Good	3.0
B- Good	2.7

C+ Average	2.4
C Average	2.0
C- Average	1.7
D+ Below Average	1.4
D Below Average	1.0
D- Below Average	0.7
E Failure	0.0
UW Unofficial Withdrawal	0.0
W Withdrawal	0.0*
P Passing	*
I Incomplete	*
EX Extended Grade	*
AU Audit	*
NG Non-Graded	*
M Missing Grade	*
TR Transfer Credit	*
NS Non-Credit No Show	*
PL Credit for Prior Learning	*

* Not calculated in GPA

How to Navigate to Canvas

Institutional Policies

As members of our academic community, we would like to invite you to review the Institutional Syllabus which covers important policies and procedures. This document contains important links for students on the code of student rights and responsibilities, academic integrity, and grading policies, Title IX and other important acknowledgements. By familiarizing yourself with this information, you can help us create a safe and respectful environment for everyone.

You can access the document by clicking on the following link:

<https://slcc.instructure.com/courses/530981/pages/institutional-syllabus>

Learning Support and Tutoring Services

We are pleased to offer a range of tutoring and learning support services to help you achieve your academic goals. Whether you need assistance with a specific subject or want to improve your study skills, you have many options for tutoring or other support.

To learn more about the services we offer and how to access them, please visit the Institutional Syllabus under the Tutoring and Learning Support tab: <https://slcc.instructure.com/courses/530981/pages/institutional-syllabus>. We encourage you to take advantage of these resources to help you succeed in your studies. If you have any questions or would like to schedule a tutoring session, please don't hesitate to reach out to us. We are here to support you in any way we can.

Advising and Counseling Support Services

At our institution, we are committed to supporting your academic and personal growth. That's why we offer a range of advising and counseling services to help you navigate the challenges of college life. To learn more about the resources available to you and how to access them, please visit the Institutional Syllabus under the Advising and Counseling Support Services tab:

https://slcc.instructure.com/courses/530981/pages/institutional_syllabus. Our advising team and the support centers across campus are here to support you in achieving your goals and overcoming any obstacles you may face.

Student Academic Calendar

As students you should be aware of all important dates in the semester, such as the day that courses begin and end, as well as the drop date and the last day to withdraw. To learn more about those dates, navigate to the Student Academic Calendar below:

[SLCC Student Academic Calendar](#)

Additional Policies

STUDENT CODE OF CONDUCT:

Each student is expected to follow the SLCC Code of Student Rights and Responsibilities found at:

https://www.slcc.edu/policies/policies/student_affairs/8.1.050.aspxLinks to an external site.

Use of Artificial Intelligence (AI) in this course:

"Generative artificial intelligence (AI) software is a rapidly emerging tool that students may be interested in using. If doing so, SLCC students are expected to adhere to the same standards as the Code of Student Rights and Responsibilities statement on plagiarism. Presenting generative AI software content as your own is a violation of academic integrity. If you use generative AI in your work, you must indicate that you have done so." -SLCC Dean of Students

Your own thoughts and words must be used on all assignments and discussion posts. If any sources are used, they must be properly cited.