

First Aid and Safety

HLTH - 1200 001

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.

Semester(s): All

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.

Course Prerequisites

None

Transfer/Certification/Licensure/Employment Information

Students who successfully complete the course will receive certification from the American Red Cross for Adult and Infant First Aid, CPR and AED.

Engagement Plan

You will work on your readings and assignments leading up to skill sessions. It is expected that students are up-to-date on readings before each skill session.

Additional Materials

For this course, we will use the textbook Responding to Emergencies: Comprehensive First Aid/CPR/AED (2017). All readings will be posted as PDFs. You can download the full textbook within Canvas.

Assignment Schedule

Due Date	Assignment Name	Assignment Type	Points
8/31/25	Introductions - Discussion	Discussion	25
8/31/25	Lesson 1 Quiz	Quiz	10
9/7/25	Lesson 2 Quiz	Quiz	10
9/7/25	Lessons 3-5 Quiz	Quiz	20

Due Date	Assignment Name	Assignment Type	Points
9/14/25	Lesson 6 Quiz: The Human Body	Quiz	18
9/14/25	Lesson 7 and 8 Quiz	Quiz	17
9/21/25	Skill Session 1 - Assessment (Week of Sep 15 -19).	Assignment	100
9/28/25	Lesson 9-16 Quiz (Chapter 6).	Quiz	39
10/5/25	Lesson 17-19 Quiz (Chapter 7).	Quiz	26
10/5/25	Lesson 20-22 Quiz (Bleeding, Chapter 8 and Shock, Chapter 9).	Quiz	25
10/10/25	Skill Session 2 - CPR/AED/Choking (Week of Oct 6- 10).	Assignment	300
10/19/25	Lesson 23 Quiz (Chapter 10).	Quiz	24
10/26/25	Lesson 24 Quiz (Chapter 11).	Quiz	16
10/26/25	Lesson 25 Quiz (Chapter 12).	Quiz	15
11/2/25	Lesson 26 Quiz (Chapter 13).	Quiz	15
11/2/25	Lesson 27 Quiz (Chapter 14).	Quiz	10

Due Date	Assignment Name	Assignment Type	Points
11/9/25	Lesson 28 - Chapter 15 Quiz (Sudden Illness).	Quiz	18
11/16/25	Lesson 29 Quiz (Chapter 16) Poisoning.	Quiz	15
11/23/25	Lesson 30 and 31 Quiz (Chapter 17) Bites and Stings	Quiz	10
11/30/25	Lesson 32 Quiz (Chapter 18) Substance Abuse and Misuse	Quiz	10
12/5/25	Skill Session 3 - Injuries and Illnesses (Dec 1-5).	Assignment	200
12/7/25	Lessons 33-34 Quiz (Chapter 19) Heat and Cold Related Illnesses and Emergencies	Quiz	20

Grading Scale

A: 93+

A-: 90-92.9

B+: 87-89.9

B: 83-86.9

B-: 80-82.9

C+: 77-79.5

C: 78-76.9

C-: 70-72.9

D: Below 70

E: Below 60

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.

For more information, navigate to the Institutional Policies tab on the [Institutional Syllabus](#) page.

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, visit the [Institutional Syllabus](#) page under the Tutoring and Learning Support tab. 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, visit the [Institutional Syllabus](#) page under the Advising and Counseling Support Services tab. 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](#)