

**Salinas Police Department**  
**First Aid Skills Demonstration**  
**AOT Fall 2022**

**SUBJECT:** First Aid/CPR/AED/ Skills Course with Blood Borne Pathogens Update– 8 Hours

**Course Date & Time:** 09/16, 09/30, 10/14, 12/09 (0930-1810)

**Course Location:** Salinas Police Building Community Room

**Instructor(s):** Stephen Craig, Ian Kile, Victoria Ramirez, Tyler Provost (proctor), Jorge Magana (proctor).

**Instructional Goal:** Officers will have already completed the online POST First Aid/CPR/AED training and successfully passed the written tests. Officers will also receive update training on Blood Borne Pathogens via PP Lecture.

**Criterion Test:** Students participating in the course will be tested using physical skills demonstrations. Students will be evaluated in the conduct of physical skills and provided learning activities that allow them to evaluate another student in their performance of first aid physical skills. Officers will demonstrate the physical skills necessary to properly treat medical and traumatic emergencies in accordance with POST and AHA standards.

**Materials Needed:** CPR torso, Bandaging Materials, Tourniquets

**Safety:** All Officers involved in this training are responsible for safety. If anyone involved observes any unsafe action, they are to stop the training and address the issue. This training does not involve weapons handling or demonstration. All SPD policies for weapons handling will be enforced.

**Course Description:**

**During the course, students will discuss the first aid optional skills, but instruction will not be provided in the optional skills.**

**Course Outline**

1. Responsibility to act in good faith and provide emergency medical services.
  - (a) Discuss the components of the EMS system to include:
    - (1) EMS access
    - (2) Interaction with other EMS personnel
    - (3) Local EMS and trauma systems
    - (4) Criminal Mass Casualty Incident Integration

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(b) Identify the primary responsibilities of peace officers as EMS first responders and at a medical emergency including:

(1) Scene size-up

(2) Safety

(A) Exposure to chemical, biological, radiological, or nuclear (CBRN) substances and scene safety

(3) Recommended Equipment (Personal Protective Equipment (PPE), First Aid Kits, and Fire Extinguishers

(A) Requirements for PPE and availability

(B) Requirements for First Aid Kits and their contents

(C) Requirements for Fire extinguishers and maintaining them

2. Discuss tactical and rescue first aid principles when responding to violent circumstances (e.g. active shooter)

(a) Movement to threat rather than casualty care.

(1) Lessons learned from San Bernardino Active Shooter

(A) Treatment of shock with victims

(B) Using the Multiple Victims Assessment Process

(b) Integration with EMS

(1) Integration of the Rescue Task Force (RTF)

(2) Establishing a Casualty Collection Point

(3) Establishing a Triage Location

(c) Tactical casualty care

(1) Determining treatment priorities

(A) Circulation

(B) Airway

(C) Breathing

(2) Self-care/buddy-care

(d) Review of first aid lessons learned from active shooter incidents and how to better prepare our law enforcement agencies for response.

(e) Recognize proper procedures for moving a victim using to include:

(1) The shoulder drag

(2) Lifts and carries which may include using

(A) Soft litters

(B) Manual extractions including fore/aft, side-by-side, shoulder/belt

### 3. Basic Life Support (BLS)

(a) Identify the components of the Chain of Survival

(b) Demonstrate Cardiopulmonary Resuscitation (CPR) for adults, children, and infants, following current American Heart Association (AHA) Guidelines for CPR and Emergency Cardiovascular Care (ECC) at the Healthcare provider level including:

(1) Ventilation

(2) Pulse location

(3) Compression depth

(4) Compression rate

(5) Compression-to-ventilation ratio (one-person CPR)

(6) Compression-to-ventilation ratio (two-person CPR)

(7) Automated External Defibrillator (AED)

(c) Discuss Basic Automated External Defibrillator (AED) operation to include:

(1) Special considerations

(2) Troubleshooting

(d) Recognize circumstances under which a victim's airway should be opened by using a:

(1) Head-tilt/chin-lift maneuver

(2) Jaw-thrust maneuver

(e) Identify the difference between a mild and severe airway obstruction

(f) Demonstrate procedures for clearing an obstruction from the airway of a conscious and unconscious:

(1) Adult

(2) Child

(3) Infant

(4) Pregnant or obese individual

(g) Discuss rescue breathing techniques including:

(1) Mouth-to-mouth,

(2) Pocket mask or other barrier devices,

(3) Bag valve mask or mouth-to-mouth maneuver with a barrier device

- (h) Discuss the two primary bleeding control techniques to include:
  - (1) Direct pressure/pressure dressings
  - (2) Tourniquet
  - (3) Types of hemostatic dressings and packing the wound
- (i) Recognize appropriate first aid measures for treating open and closed injuries to the:
  - (1) Chest
    - (A) Chest seals and dressings
  - (2) Abdomen
- (j) Recognize appropriate first aid measures for drowning victims
  - (1) Performing a safe rescue
  - (2) Victim Assessment
  - (3) First Aid

#### 4. Traumatic Injuries.

- (a) Recognize the appropriate first aid measures for treating facial injuries to include:
  - (1) Objects in the eye
  - (2) Chemicals in the eye
  - (3) Dental emergency
    - (A) Safely collecting and handling the missing tooth
    - (B) Safeguarding the tooth
    - (C) Who reinserts the tooth?

#### 5. Recognizing and Treating CBRN Injuries

- (a) Recognize and treat victims of a chemical incident
  - (1) Officer Safety
  - (2) Scene Size-up
  - (3) Law Enforcement Officer Actions
  - (4) First Aid
- (b) Recognize and treat victims of a biological incident
  - (1) Officer Safety
  - (2) Scene Size-up
  - (3) Law Enforcement Officer Actions

- (4) First Aid
- (c) Recognize and treat victims of a radiological incident
  - (1) Officer Safety
  - (2) Scene Size-up
  - (3) Law Enforcement Officer Actions
  - (4) First Aid
- (d) Recognize and treat victims of a nuclear incident
  - (1) Officer Safety
  - (2) Scene Size-up
  - (3) Law Enforcement Officer Actions
  - (4) First Aid
- 6. Medical Emergencies
  - (a) Recognize indicators of, and first aid measures for, a victim experiencing:
    - (1) Respiratory emergencies including asthma and Chronic Obstructive Pulmonary Disease (COPD)
    - (2) Allergic reactions and anaphylaxis
      - (A) Assisted epinephrine administration
      - (B) Accessing EMS
  - (b) Identify signs and symptoms of psychological emergencies
    - (1) Emotional symptoms of an individual in crisis
    - (2) Physical symptoms of an individual in crisis
    - (3) First Aid for psychological emergencies
  - (c) Recognize appropriate first aid measures for a victim experiencing signs of:
    - (1) Poisons that have been ingested, inhaled, absorbed or injected
      - (A) Poison control system access
    - (2) Alcohol and/or drug-related emergencies including:
      - (A) Assisted Naloxone administration
      - (B) Accessing EMS

### **III. Required Tests**

1. An exercise that demonstrates a students' ability to complete the following physical skills to an instructor level: (Skills testing will be evaluated on a skills demonstration worksheet).

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- (a) Victim assessment
- (b) Activate the EMS System
- (c) Check for a pulse
- (d) Deliver CPR
- (e) Provide efficient breaths
- (f) Deploy and use an AED

#### **IV. Required Learning Activities**

1. A learning activity that requires the student to conduct a primary assessment. The primary assessment shall minimally include:

- (a) Primary assessment
  - (1) Check for responsiveness
  - (2) Check pulse
  - (3) Check airway
  - (4) Check for breathing

2. A learning activity that requires the student to demonstrate the following first aid techniques for controlling bleeding of a limb while using personal protective equipment (PPE):

- (a) Direct pressure
- (b) Pressure bandages
- (c) Tourniquet device
- (d) Hemostatic dressings/wound packing
- (e) Chest seals and dressings

3. A learning activity that requires the student to demonstrate the following basic life support techniques:

- (a) Clearing an obstructed airway on conscious and unconscious victims
  - (1) Adult or child
  - (2) Infant
  - (3) Obese or pregnant
- (b) Rescue breathing
  - (1) Adult
  - (2) Child
  - (3) Infant

(c) Cardiopulmonary resuscitation

(1) Adult

(2) Child

(3) Infant

4. A learning activity that allows the student to demonstrate their ability to perform first aid following a criminal incident.

(a) Perform a multi-casualty assessment

(b) Perform first aid for traumatic injuries

(c) Move the victim using an appropriate technique