

Core Learning Objectives

MEDIC First Aid BasicPlus CPR, AED, and First Aid for Adults is an objectives-driven, skills-based training program. To receive certification, students are required to demonstrate the following knowledge and skill objectives to a currently authorized MEDIC First Aid Instructor.

Knowledge Objectives

Upon completion of this training program, a student will be able to:

1. Describe how to recognize and provide first aid treatment for sudden cardiac arrest.
2. Explain the priority of personal safety when responding to an emergency situation.
3. Explain the importance of Universal Precautions and using protective barriers.
4. Identify how to activate emergency medical services (EMS) or an occupational emergency action plan.
5. Explain how to perform effective chest compressions.
6. Describe how to perform effective rescue breaths using a CPR mask or shield.
7. Describe the steps of a primary assessment for an unresponsive person.
8. Explain how to protect the airway of an unresponsive, breathing victim.
9. Describe the steps of performing CPR as a single provider.
10. Describe the steps for safely and correctly attaching and operating an automated external defibrillator (AED).
11. Describe how to recognize and provide first aid treatment for choking.
12. Describe the steps of a primary assessment for a responsive victim.
13. Describe how to recognize and provide first aid treatment for severe bleeding.
14. Describe how to recognize and provide first aid treatment for shock.
15. Describe how to recognize and provide first aid treatment for a head, neck, or back injury.
16. Describe how to recognize and provide first aid treatment for a swollen, painful, deformed limb.
17. Describe how to recognize and provide first aid treatment for a burn.
18. Describe how to recognize and provide first aid

treatment for a person with an altered mental status.

19. Describe how to recognize and provide first aid treatment for stroke.
20. Describe how to recognize and provide first aid treatment for breathing difficulty or shortness of breath.
21. Describe how to recognize and provide first aid treatment for asthma.
22. Describe how to recognize and provide first aid treatment for a severe allergic reaction.
23. Describe how to recognize and provide first aid treatment for pain, severe pressure, or discomfort in the chest.
24. Describe how to recognize and provide first aid treatment for poisoning.
25. Describe how to recognize and provide first aid treatment for heat-related emergencies.
26. Describe how to recognize and provide first aid treatment for cold-related emergencies.
27. Describe how and when to perform an emergency move.

Skill Objectives

Upon completion of this training program, a student will be able to:

1. Correctly demonstrate the removal of contaminated gloves.
2. Correctly demonstrate external chest compressions.
3. Correctly demonstrate rescue breaths using a CPR mask or shield.
4. Correctly perform a primary assessment for an unresponsive person.
5. Correctly demonstrate CPR as a single provider.
6. Correctly perform a primary assessment for a responsive person.
7. Correctly demonstrate how to control severe bleeding.
8. Correctly demonstrate how to stabilize a suspected head, neck, or back injury.
9. Correctly demonstrate how to stabilize a swollen, painful, deformed limb.