

FIRST AID PRACTICAL SKILLS DEMONSTRATION

***To be used in concert with the POST Learning Portal First Aid/AED/CPR online course. This is the PRACTICAL skills demonstration portion ONLY.*

- I. Evaluation the ill and injured.
- II. Treatment for shock.
- III. Demonstrate the following techniques to support airway, breathing and circulation:
 - a. Manual airway opening methods, including head-tilt chin-lift and/or jaw thrust
 - b. Manual methods to remove an airway obstruction in adults, children, and infants
 - c. Cardiopulmonary resuscitation in adults, children, and infants
 - d. Use of the recovery position.
- IV. Discuss or demonstrate the following:
 - a. Spinal immobilization
 - b. Splinting of extremities
 - c. Emergency eye irrigation using water or normal saline
 - d. Assist with administration of oral glucose
 - e. Assist patients with administration of physician-prescribed epinephrine devices and naloxone
 - f. Assist in emergency childbirth
 - g. Hemorrhage control using direct pressure, pressure bandages, principles of pressure points, and tourniquets.
 - h. Use of hemostatic dressings
 - i. Chest seals and dressings
 - j. Simple decontamination techniques and use of decontamination equipment
 - k. Care for amputated body parts
 - l. Provide basic wound care.
- V. Automated External Defibrillator

Outline based in part upon Title 22, §100018 of the California Code of Regulations.