

Subject: Training

**First Responder Training Program – Course Content**

Associated Policies:

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- I. Authority and Reference (incorporated herein by references)
  - A. Division 2.5 of Health and Safety Code
  - B. U.S. Department of Transportation, National Highway Traffic Safety Administration “Instructor Lesson Plans” of the Emergency Medical Services: Emergency Medical Responder Training Course
  - C. North Coast EMS Policies and Procedures
- II. Purpose  
To establish a minimum standard for time and content requirements of North Coast EMS approved First Responder and Refresher Courses.
- III. Minimum Course Content for a Basic First Responder Course – Sixty (60) Hours:
  - A. Introduction to EMS Systems
    - 1. The EMS System
    - 2. The Emergency Medical Responder
    - 3. Local EMS system structure.
    - 4. Helicopter use and local procedure.
  - B. Legal and Ethical Issues
    - 1. Legal Duties
    - 2. Consent
    - 3. Legal Terms
    - 4. Do Not Resuscitate Orders
    - 5. Organ Donors
    - 6. Documentation
    - 7. Communication
  - C. Well-Being of the First Responder
    - 1. Emotional Aspects of Emergency Care
    - 2. Body Substance Isolation Precautions.
    - 3. Scene Safety
  - D. The Human Body
    - 1. Overview of the Human Body
    - 2. Body Systems
  - E. Lifting, Moving and Positioning Patients
    - 1. Principles of Moving Patients
    - 2. Equipment Use
  - F. Patient Assessment
    - 1. Overview of Patient Assessment
    - 2. Scene Size-Up
    - 3. Initial Assessment
    - 4. Focused History and Physical Exam
    - 5. Detailed Physical Exam

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- 6. Ongoing Assessment
- 7. Hand off report and interface with ambulance.
- G. Airway Management
  - 1. Airway Management
  - 2. Pulmonary Resuscitation
  - 3. Airway Obstruction
  - 4. Aids to Resuscitation
  - 5. Suction Systems
  - 6. Oxygen Use –Delivery Devices
  - 7. Airway Adjuncts- OPA/NPA
- H. Resuscitation and Use of the AED
  - 1. Cardiopulmonary Resuscitation
  - 2. Adult and Child CPR
  - 3. Infant CPR
  - 4. Special CPR Situations
  - 5. CPR and AED Use
- I. Medical Emergencies
  - 1. Specific Medical Emergencies
    - a. Chest Pain
    - b. Stroke/Syncope/Near Syncope
    - c. Diabetes and Oral Glucose use
    - d. Seizures and Altered Level of Consciousness
    - e. Poisoning, Bites and Stings
    - f. Heat and Cold Emergencies
    - g. Behavioral Emergencies
    - h. Alcohol and other Drugs.
    - i. Burns
- J. Trauma Emergencies
  - 1. Bleeding, Shock and Soft Tissue Injuries
    - a. Heart, Blood and Blood Vessels
    - b. Bleeding, Shock
    - c. Soft Tissue Injuries
  - 2. Bleeding Control
    - a. Tourniquet Use
    - b. Hemostatic Dressings
  - 3. Muscle and Bone Injuries
    - a. Musculoskeletal System
    - b. Management of Extremity Injuries
    - c. Splinting,
    - d. Spinal Motion Restriction Use
    - e. Traction Splinting

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- K. Geriatric Patients
    - 1. Characteristics of Geriatric Patients
    - 2. Age-Related Physical Changes
    - 3. Assessment of the Geriatric Patient
    - 4. Common Medical Problems of Geriatric Patients.
  - L. Childbirth
    - 1. Understanding Childbirth Delivery
    - 2. Complications and Emergencies
  - M. Pediatric Patients
    - 1. Caring for the Pediatric Patient
    - 2. Characteristics of Children
    - 3. Assessment of Infants and Children
    - 4. Managing Specific Medical Emergencies
    - 5. Managing Trauma Emergencies
  - N. EMS Operations
    - 1. Safety
    - 2. Preparing for the Call
    - 3. Motor-Vehicle Collisions and Extrication Principles
    - 4. Hazards and Rescue/Hazardous Materials
  - O. Multiple Casualty Incidents
    - 1. Triage and North Coast EMS approved triage tags
    - 2. Incident Command System
  - P. Response to Terrorism and Weapons of Mass Destructions
    - 1. Types of Weapons.
    - 2. Hazardous Material
  - Q. Tactical First Aid minimum four (4) hours
    - 1. History and Background
    - 2. Terminology and Definitions
    - 3. Coordination, Command and Control
    - 4. Tactical and Rescue Operations
    - 5. Basic Tactical Casualty Care and Evacuation
    - 6. Threat Assessment.
  - R. Practical Assessment
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- IV. Optional Scope for First Responders (additional hours required)
    - A. Narcan® (Naloxone) Nasal Spray minimum one (1) hour training
    - B. Epinephrine Auto-Injector (EpiPen®) minimum one (1) hour training

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- V. Minimum Course Content for a First Responder Refresher Course – Sixteen (16) Hours – Same course content as Basic Course above:
- A. General First Aid Principles
  - B. Cardiopulmonary Resuscitation
  - C. EMS System Orientation
  - D. Basic Triage
  - E. Airway and Ventilation Adjuncts
  - F. Obstetrical Emergencies and Emergency Childbirth
  - G. Special Populations Extrication/Rescue/Hazardous Material
  - H. Tactical First Aid

Approved: \_\_\_\_\_ Date: \_\_\_\_\_

Approved as to form: \_\_\_\_\_ Date: \_\_\_\_\_