Sacramento Police Department
POST-certified First Aid/CPR/AED Refresher Course # 21797

I. Role of the public safety first aid provider
   A. Personal safety
      1. Scene size-up
   B. Body substance isolation, including removing gloves
   C. Integration with EMS personnel to include active shooter incidents
   D. Mass Casualty Responsibilities
   E. Minimum personal equipment and first aid kits

II. Heart Attack and sudden cardiac arrest to include:
   A. Sudden cardiac arrest and early defibrillation
   B. Chain of survival

III. CPR and AED for adults, children, and infants, following current AHA Guidelines
   A. Basic airway management
   B. Rescue breathing
      A. Mouth-to-Mouth
      B. Mouth-to-Mask
      C. Bag-valve-mask (BVM)
   C. Chest compressions and CPR/AED
      A. Basic AED operation
      B. Using the AED
      C. Troubleshooting and other considerations
   D. Single rescuer CPR/AED on adult, child and infant
   E. Two rescuer CPR/AED on adult, child and infant
   F. Recovery position

IV. Management of foreign body airway obstruction on adults, children, and infants
   A. Conscious patients
   B. Unconscious patients

      Recognition and identification of adult and pediatric patients for both medical and
      traumatic emergencies
   C. Performing a primary assessment
   D. Performing a secondary assessment
   E. Obtaining a patient history

V. Medical emergencies
   A. Pain, severe pressure or discomfort in chest
   B. Breathing difficulties, including asthma and COPD
   C. Allergic reaction and anaphylaxis
      i. Assisted administration of epinephrine auto-injector
   D. Altered mental status
   E. Stroke
   F. Diabetic emergencies
      A. Administration of oral glucose
   G. Seizures
   H. Alcohol and drug emergencies
      A. Assisted naloxone administration and accessing EMS

Rev. 11/4/19 KW
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I. Severe abdominal pain
J. Obstetrical emergencies

VI. Burns
A. Identification and treatment

VII. Facial injuries
A. Identification and treatment

VIII. Environmental emergencies
A. Heat emergencies
B. Cold emergencies

IX. Bites and Stings
A. Insect Bites and stings
B. Animal and human bites
C. Assisted administration of epinephrine auto-injector and accessing EMS

X. Poisoning
A. Ingested poisoning
B. Inhaled poisoning
C. Exposure to chemical, biological, radiological or nuclear (CBRN) substances
   A. Recognition of exposure
   B. Scene safety
   D. Poison control system

XI. Patient movement
A. Emergency movement of patients
B. Lifts and carries which may include: using soft litters and manual extraction including fore/aft, side-by-side, shoulder/belt

XII. Tactical and rescue first aid principles applied to violent circumstances
A. Principles of tactical casualty care
B. Determining treatment priorities

XIII. Orientation to EMS system, including
A. 9-1-1 Access
B. Interaction with EMS personnel
C. Identification of local EMS and trauma systems

XIV. Trauma emergencies
A. Soft tissue injuries and wounds
B. Amputations and impaled objects
C. Chest and abdominal injuries
   A. Review of basic treatment for chest wall injuries
   B. Application of chest seals
D. Head, neck or back injury
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E. Spinal immobilization
F. Musculoskeletal trauma and splinting
G. Recognition of signs and symptoms of shock
   A. Basic treatment of shock
   B. Importance of maintaining normal body temperature
H. Internal bleeding
I. Control of external bleeding, including direct pressure, tourniquet, hemostatic dressings, chest seals and dressings
   1. Training in the use of hemostatic dressing shall result in competency in the application of hemostatic dressing. Included in the training shall be the following topics and skills:
      a. Review of basic methods of bleeding control to include but not be limited to direct pressure, pressure bandages, tourniquets, and hemostatic dressing and wound packing
      b. EMSA-approved hemostatic dressings

XV. Legal issues
   A. Authorized skills and liability limitations

XVI. Safety protocols

XVII. Written, oral and/or demonstration assessment (in each topic area)