

MEDIC First Aid BasicPlus CPR, AED, and First Aid for Adults



MEDIC FIRST AID® *BasicPlus* is a combined adult CPR, AED, and first aid training program designed specifically for the occupational first aid provider. This extremely flexible program will help employers meet OSHA and other federal and state regulatory requirements for training employees how to respond and care for medical emergencies at work. The program is based upon the *2010 International Consensus on Cardiopulmonary Resuscitation (CPR) and Emergency Cardiovascular Care (ECC) Science with Treatment Recommendations (CoSTR)* and other evidence-based treatment recommendations.

Intended audience

Occupational first aid providers

Class configurations

- Max student to Instructor ratio: 12 to 1
- Recommended student to equipment ratio: 3 to 1

MEDIC First Aid-approved training materials

- Instructor materials
 - BasicPlus DVD
 - BasicPlus Instructor Guide (one per Instructor, print or digital)
- Student materials
 - Student Guide (one per participant, print or digital)

Recognized certification period

Up to 2 years

Successful completion (certification)

- *Written evaluation:* Required when specified by organizational, local, or state regulation. It is recommended for designated responders with a duty or employer expectation to respond in an emergency and provide first aid care.
- *Performance evaluation:* All students must perform required skills competently without assistance.

Recommended time to complete

- *Initial training:* 4–5 hours
- *Renewal training:* Less than initial instructional time

Primary course topics

- The First Aid Provider
- Legal Considerations
- Recognizing an Emergency and Deciding to Help
- Personal Safety
- Disease Transmission and Universal Precautions
- Emergency Medical Services (EMS)
- Respiratory and Circulatory Systems
- Sudden Cardiac Arrest
- Early Defibrillation
- Chain of Survival
- Chest Compressions
- Rescue Breaths
- Primary Assessment
- Unresponsive and Breathing—Recovery Position
- Unresponsive and Not Breathing—CPR
- Automated External Defibrillators (AEDs)
- Basic AED Operation
- AEDs—Troubleshooting
- Choking
- First Aid Assessment
- Secondary Assessment
- Control of Bleeding
- Internal Bleeding
- Managing Shock
- Head, Neck, or Back Injury
- Brain Injury
- Spinal Motion Restriction
- Swollen, Painful, Deformed Limb
- Burns
- Warning Signs of Sudden Illness
- Altered Mental Status
- Stroke
- Diabetic Emergencies
- Seizure
- Breathing Difficulty, Shortness of Breath
- Asthma

- Severe Allergic Reaction
- Pain, Severe Pressure, or Discomfort in the Chest
- Severe Abdominal Pain
- Poisoning
- Heat Exhaustion
- Heat Stroke
- Hypothermia
- Frostbite
- Emergency Moves
- Emotional Considerations

Specific First Aid Topics

- Amputation
- Impaled Object
- Open Chest Injury
- Open Abdominal Injury
- Impaled Object in the Eye
- Chemicals in the Eye
- Nosebleed
- Injured Tooth
- Pregnancy Complications
- Bites and Stings
- Snakebites
- Spider Bites
- Stinging Insects
- Tick Bites
- Marine Animal Stings
- Human and Animal Bites

MEDIC
First Aid

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