

**CPR Plus® First Aid Lesson Plan
With Optional Lessons Included**

Student-instructor ratio 6:1 student-manikin ratio 3:1

Total time: Approximately 4 hours (Includes 5-minute breaks after each module)

Teach Time	Module 1: Introduction
10 Minutes	Lesson 1: Universal Guidelines for Emergency Responders A. Defining First Aid B. Body Substance Isolation (Practical) C. Accessing 911 Response
30 Minutes	Lesson 2: Activation & Assessment A. Scene Size-up & Safety B. Primary Patient Assessment (Practical) C. Secondary Patient Assessment D. Vital Signs (Optional)
15 Minutes	Lesson 3: Module 1 Skills Test A. Donning & Doffing of Medical Gloves B. Primary Patient Assessment
	Module 2: Medical Emergencies
35 Minutes	Lesson 1: Medical Emergencies A. Cardiac Emergencies B. Respiratory C. Stroke Emergencies D. Allergic Reactions E. Using an Epi-Pen (Practical) F. Diabetic Emergencies G. Seizures H. Syncope I. Shock
15 Minutes	Lesson 2: Medical Emergencies Scenario Role Play
10 Minutes	Lesson 3: Medical Emergencies Skills Test A. Using an Epi-Pen
	Module 3 Trauma Emergencies
35 Minutes	Lesson 1: Trauma Emergencies A. Bleeding (Practical) B. Soft Tissue Injuries C. Penetrating Trauma D. Internal Injuries E. Injuries to Bones, Muscles, and Joints F. Ocular Injuries
10 Minutes	Lesson 2: Trauma Emergencies Scenario Role Play
15 Minutes	Lesson 3: Trauma Emergencies Skills Test A. Bleeding Control

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Module 4: Environmental Emergencies	
30 Minutes	Lesson 1: Environmental Emergencies A. Burns B. Electrical Emergencies C. Heat Exposure D. Cold Exposure E. Poisons F. Hazardous Materials G. Drugs and Alcohol Related Emergencies
10 Minutes	Lesson 2: Environmental Emergencies Scenario Role Play
5 Minutes	Lesson 3: Course Conclusion

Equipment List

<i>Equipment</i>	<i>Quantity</i>	<i>Optional</i>
Administrative		
Student Roster	1	
Course Agenda	1 per Instructor/Student	
Certification Cards	1/Student	
Student Workbook (Digital)	1/Student	
Student Workbook (Hard Copy)	1/Instructor	
Skills Sheets	1/Student	
DVD/AV Set-up	1	
Approved First Aid Video	1	
Course Equipment		
Pair of Latex Free Gloves	1 pair/student	
Epi-Pen Trainer	1/every 2 Students	
4 x 4 Gauze Dressings	1 Stack/every 2 Students	
4 Inch Rolling Cling	1 per Student	
Commercial Tourniquet	1 per 6 Students	X
Shock Blankets (Shock Practice)	1 per 3 Students	X
Triangular Dressings (Splint Practice)	4 per 3 Students	X
12" Hard Splints (Splint Practice)	1 per 3 Students	X