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Open Educational Resources

Queens College

2020

FNES 166 First Aid and Safety

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Queens College, CUNY
Department of Family, Nutrition, and Exercise Sciences
65-30 Kissena Blvd
Flushing, NY 11367

Spring 2020

FNES 166: First Aid and Safety
Class Meets Tuesdays 7:15 - 9:45 PM
Instructor Greg Klimaytis
Email Gregory.klimaytis@qc.cuny.edu Phone 718-997-2725
Office Hours Tuesdays 6:15 - 7:15 FitzGerald 221

Course Description:

This course is designed to teach the student what to do in a medical or traumatic emergency prior to the arrival of First Responders. Participants will learn Adult, Child and Infant Cardio-Pulmonary Resuscitation (CPR) with and without an Automated External Defibrillator (AED) as well as basic First Aid and Bleeding Control. Additional training in Oxygen Administration, Rescue Inhaler assistance, Epinephrine auto injector administration, and tourniquet use for bleeding control will be presented.

Notes for Open Education Teaching Resources

This class is based on the Red Cross Responding to Emergencies Curriculum with additional material provided by NYC Dept. Of Health and Mental Hygiene (Naloxone Training) and the nation Stop The Bleed Campaign from the American College of Surgeons. Feel free to contact me for information or additional resources at Gregory.klimaytis@qc.cuny.edu

The student textbook is provided for free

<https://www.redcrosslearningcenter.org/s/candidate-first-aid-cpr-aed>

And the instructional videos are on the Red Cross YouTube channel at

<https://www.youtube.com/user/AmRedCross/featured>

This class can be delivered in a in person or hybrid model

Course Objectives

- The participant will be able to determine if someone is in need of emergency care and how to contract additional resources.
- The participant will be able to determine between immediate threats to life or limb and non-life threatening events.
- The participant will be able to assess, and intervene in, immediate threats to life including cardiac arrest, heart attacks, choking and severe bleeding.
- The participant will demonstrate competency in basic first aid procedures.

Textbook

PDF format of American Red Cross

Responding to Emergencies: Comprehensive First Aid/CPR/AED is available for free here

<https://www.redcrosslearningcenter.org/s/candidate-first-aid-cpr-aed>

Option additional study material and reference is the Red Cross First Aid App for Apple and Android , available for free at

<https://www.redcross.org/get-help/how-to-prepare-for-emergencies/mobile-apps.html>

Certification

Certification from the Red Cross is available at an additional cost of \$27.00 Details will be provided by the instructor during the class.

Addition Course Material

A pocket mask is required to be purchased by the student. It must contain Adult and Pediatric Mask and a one-way valve.

Estimated Cost not to exceed \$15.00

See Examples Below

Amazon:

<https://tinyurl.com/tdcasg2>

Redcross:

<https://www.redcross.org/store/adult-child-and-infant-cpr-mask/5000SGI.html?cgid=cpr-masks-and-face-shields#start=9&cgid=cpr-masks-and-face-shields>

POLICIES, EXPECTATIONS, AND RESOURCES

Attendance

Attendance is highly recommended as this is a hand- on class. There will be one make up labs and no more than one missed lab can be made up. Please contact me prior to your absences by email if you know you are going to be absent and arrangement will be made.

Class Polices

Students are expected to respect the classroom, lab and peers. Respect for the professor is appreciated but not required. Use of tablets and laptops is permitted for note taking, updating your Facebook and Instagram and leaving positive reviews on Rate My Professor. Lecture slides in PDF format will be available prior to class on Blackboard.

Students are expected to download the book off of Blackboard and reads the assigned chapters prior to class. Skills stations are to be performed to the best of ones' abilities.

Academic Integrity

Academic dishonesty will not be tolerated. Academic dishonesty includes any form of cheating, plagiarizing, falsifying documents, or handing in work that is not your own. As noted above, work that is found to be a product of such practices will receive a grade of zero. Repeated incidents will be reported to the Department Chair and the Board of Judicial Affairs. The [CUNY Policy on Academic Integrity](http://www.cuny.edu/about/info/policies/academic-integrity.pdf) (<http://www.cuny.edu/about/info/policies/academic-integrity.pdf>), as adopted by the Board, is available to all students. Academic dishonesty is prohibited in the City University of New York and is punishable by penalties, including failing grades, suspension, and expulsion.

Use of Class Materials

The materials used in the class, including but not limited to lecture slides, exams, and homework assignments, are copyright protected works. Any unauthorized copying or distribution of class materials is a violation of federal law and may result in disciplinary actions the student. Sharing of class materials without the specific, express approval of the instructor may be an act of academic dishonesty, which could result in further disciplinary action. This includes, among other things, uploading class materials to websites for the purposes of sharing those materials with current or future students.

Students with Disabilities

Students with disabilities needing academic accommodation should register with and provide documentation to the Office of Special Services, Freese Hall, Room 111. The Office of Special Services will provide a letter for you to bring to your instructor indicating the need for accommodation and the nature of it. This should be done during the first week of class. For more information about services available to Queens College students, contact the Office of Special Services (718-997-5870) or visit their website (<http://sl.qc.cuny.edu/oss/>).

Technical Support

The [Queens College Helpdesk](http://www.qc.cuny.edu/computing/) (<http://www.qc.cuny.edu/computing/>, (718) 997-4444, helpdesk@qc.cuny.edu) is located in the I-Building, Room 151 and provides technical support for students who need help with Queens College email, CUNY portal, Blackboard, and CUNYfirst.

The Writing Center

Kiely Hall 229
718-997-5676

<http://writingatqueens.qc.cuny.edu/the-writing-center/>

The Writing Center's mission is to help students grow and mature as writers by helping them build on their strengths and overcome whatever difficulties they may have with writing. That is, the goal is to make better writers, not better essays. Specific essays will improve, but only because their writers are sharpening their abilities. The Writing Center offers several services including In Person Appointments, Drop-Ins, and Online Tutoring.

Course Assignments and Grading

- Written Test (3 @ 100 each) 300

- Skills Test (19 @ 20 each) 380
- Final Practical 120
- Written EMS Topic Paper 200
- Points Total 1000

Grading

- Grades will be determined using a points system. The total points possible at the end of the semester is 300. The point values used to calculate final grades are indicated below.

970 -1000	770 - 799	C+
A+		
930- 969	730 - 769	C
A		
900 - 929	700- 729	C-
A-		
870 - 899	670 - 699	D+
B+		
839 - 869	600- 669	D
B		
240 - 248	Below 599	F
B-		

Class Schedule

Date	Topic	Readings	Skills	Assignment Due
#1	Intro	Chapter #1		
#2	Responding to Emergencies	Chapter #2 Chapter #3	Removing gloves and handwashing	
#3 (Can be online)	The Human Body and Checking the Person	Chapter #4 Chapter #5	Checking the Person Responsive and Unresponsive SAMPLE	
#4 (Must	Cardiac and CPR	Chapter #6	CPR Intro	Written Test #1

be in person)				(Chapters 1-5)
#5 (Must be in person)	Cardiac and CPR II	Chapter #6	CPR (Adult and Infant) Pocket Mask	
#6 (Must be in person)	CPR w AED		CPR w AED (Adult and Infant)	
#7 (Must be in person)	Respiratory	Chapter #7	Asthma Inhaler Choking	
#8 (Must be in personb)	Bleeding and Shock	Chapter #8 Chapter #9	Tourniquets Bleeding Control	Written Test #2 (Chapters #6-7)
#9 (Can be online)	Soft Tissue and Musculoskeletal Injuries	Chapter #10 Chapter #11 Chapter #12	Splinting	
#10 (Must be in personb)	Sudden Illness Poisoning and Substance Abuse	Chapter #15 Chapter #16 Chapter#18	Epi Pen administration	
#11 (Can be online)	Emergency Childbirth	Chapter #22		Written Test #3 (Chapters#8-#12)
#12 (Can be online)	Heat, Cold and Water	Chapter #19 Chapter #20		
#13 (Can be online)	Wilderness, Poisoning and Environmental #1	Chapter #17		EMS Paper Due
#14 (Must be in person)	Wilderness, Poisoning and Environmental #2	Chapter #23		Review for Final

	Building a First Aid Kit			
#15 TBT	Final Exam		Practical Exam	