

**HAYWARD POLICE DEPARTMENT**  
**CPR/FIRST AID/AED REFRESHER (8 HOURS)**  
**RESPIRATORY PROTECTION AND N-95 FIT TEST (2 HOURS)**

**COURSE GOALS:**

This course is intended as a refresher/update course for the Hayward Police Department Personnel. This course will cover the following CPR/First Aid/AED POST requirements, Blood Borne Pathogens, Disease Transmission updates, breathing emergencies in Adults, Children and Infants, CPR for Adults, Children and Infants, EMS Functions, types and treatment of wounds, hemostatic dressings, tourniquets, types and treatment of bone and muscle injuries, treatment for shock, diabetic emergencies, seizures, burns, environmental injuries, animal and bug bites, multi-causality assessment, basic emergency child birth, respiratory protection, N-95 mask fit testing, integrations of EMS in Active shooter incidents, extractions, and application of techniques for persons in restraint devices.

**COURSE OUTLINE:**

- I. Introduction/Orientation
  - A. Introduction, Registration and Orientation
  - B. Course Objectives/Overview/Exercises, Evaluation/Testing
  - C. Safety Procedures Overview
  - D. Applicable Laws/Title 22/OSHA
  - E. Hayward Police Department Policy/Procedures
  
- II. Law Enforcement and Emergency Medical Services
  - A. Overview
  - B. Peace Officer Roles and Responsibilities
  - C. Peace Officer Welfare and Safety
  - D. Legal Protections Regarding Emergency Medical Services
  
- III. Victim Assessment
  - A. Overview
  - B. Victim Assessment
  - C. Multiple Victim Assessment
  - D. Moving a Victim
  - E. Classroom Demonstrations
  
- IV. Basic Life Support

- A. Overview
  - B. Application while in restraint devices/WRAP
  - C. Cardiopulmonary Resuscitation (CPR)/AED
    - 1. Adult
    - 2. Child
    - 3. Infant
  - D. Airway Obstructions
    - 1. Adult
      - a. Conscious
      - b. Unconscious
    - 2. Child
      - a. Conscious
      - b. Unconscious
    - 3. Infant
      - a. Conscious
      - b. Unconscious
    - 4. Classroom Demonstration
    - 5. Test
  - E. Rescue Breathing
    - 1. Adult and Child
    - 2. Infant
    - 3. Mask
  - F. Bleeding Control
    - 1. Pressure bandage
    - 2. Tourniquet
    - 3. Hemostatic dressing
  - G. Shock
    - 1. Indications
      - a. Altered mental status
      - b. Skin
      - c. Profuse sweating
      - d. Vomiting/thirst
      - e. Pupils/Dilation
    - 2. Treatment for Shock
      - a. Positioning
      - b. Reassurance
      - c. Maintain body temperature
  - H. Classroom Demonstration
- V. Traumatic Injuries

- A. Overview
  - B. Head Injuries
    - 1. Indications
      - a. Visible
      - b. Appearance
      - c. Other/projectile vomit/blurred vision
    - 2. Treatment
  - C. Chest and Abdominal Injuries
    - 1. Indications
      - a. Paradoxical breathing
      - b. Open chest wounds
    - 2. Treatment
  - D. Bone, Joint, and Muscle Injuries
    - 1. Indications
      - a. Visual
      - b. Fractures
      - c. Dislocations
      - d. Sprains/Strains
    - 2. Treatment
  - E. Burns
    - 1. Chemical
    - 2. Thermal
    - 3. Electrical
    - 4. Radiation
    - 5. Treatment
- VI. Medical Emergencies
- A. Overview
  - B. Cardiac Emergencies
    - 1. Indicators
    - 2. First aid measures
    - 3. Medications
  - C. Respiratory Emergencies
  - D. Seizures
    - 1. Scene Safety
  - E. Strokes
    - 1. Indicators
    - 2. First aid measures
  - F. Diabetic Emergencies
    - 1. Insulin Shock

- 2. Diabetic Coma
- G. Poisoning and Substance Abuse
  - 1. Scene Safety
  - 2. Ingestion
  - 3. Inhalation
  - 4. Absorption
  - 5. Injection
  - 6. Assisted Naloxone administration
- H. Temperature Related Emergencies
  - 1. Heat injury
    - a. Heat exhaustion
    - b. Heat cramps
    - c. Heat Stroke
  - 2. Cold injury
    - a. Hypothermia
    - b. Frostnip
    - c. Frostbite
- I. Stings and Bites
  - 1. Snakes/Reptiles
  - 2. Bees/Insects
  - 3. Animal
  - 4. Human
  - 5. Assisted epinephrine administration
- VII. Childbirth
  - A. Overview
  - B. Normal Labor and Childbirth
  - C. Complications in Childbirth
    - 1. Breech Presentation
    - 2. Excessive bleeding
    - 3. Limb Presentation
    - 4. Cord Presentation
    - 5. Delayed delivery
  - D. Classroom Demonstration
- VIII. Disease Transmission
  - A. Blood borne
    - 1. Chain of Transmission
      - a. Exposure
      - b. Personal Protective Equipment
    - 2. Hepatitis A

3. Hepatitis B
  4. Hepatitis C
  5. HIV
- B. Airborne
1. Chain of Transmission
    - a. Exposure
    - b. Personal Protective Equipment
  2. Tuberculosis (TB)
  3. Other diseases
    - a. Measles
    - b. Chickenpox
    - c. Meningitis
    - d. MRSA/Staph
- IX. Respirator Testing and OSHA Requirements
- A. N95/OSHA requirements
  - B. Fitting
  - C. Testing
- X. Final Administration Certification
- A. Issue of Basic First aid and CPR card
  - B. Respiratory Fit Test record
  - C. Collection of Skills testing forms

**Testing: Any student scoring below standard on any exercise, as established by the presenter, will be remediated, and tested until the standard is achieved.**