**DUTCHESS COMMUNITY COLLEGE**  
**Poughkeepsie, NY**

Health Education 134  
Mrs. S. Kennen

Safety Education and First Aid & CPR  
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**Texts:**  
First Aid and CPR – National Safety Council – 3rd edition  
Community CPR – American Red Cross

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<th>Week Of</th>
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| Week 1  | Introduction  
Epidemiology  
Accidents: Causes and Prevention | Safety: Ch. 1,2  
First Aid: Ch. 1,2 |
| Week 2  | Victim Assessment;  
Basic Life Support | Safety: Ch. 3  
First Aid: Ch. 3,4  
Community CPR: pp. 1-35 |
| Week 3  | Safety Analysis  
Basic Life Support | Safety: Ch. 2  
Comm. CPR: pp. 37-69 |
| Week 4  | Basic Life Support  
(Project #1 due) | Comm. CPR: pp. 76-105 |
| Week 5  | Basic Life Support | Comm. CPR: pp. 106-113 |
| Week 6  | Basic Life Support |  |
| Week 7  | Mid-Term Quiz; Skill Testing  
(Project #2 due) | Safety: Ch. 7  
First Aid: Ch. 6,7,8 |
| Week 8  | Shock/Bleeding and Wounds  
Bandaging | First Aid: Review  
Ch. 7,8 |
| Week 9  | Bandaging | First Aid: Ch. 10,11 |
| Week 10 | Specific Body Area Injuries  
Poisoning/Bites & Stings  
(Project #3 due) | Safety: Ch. 4,5  
First Aid: 16,17 |
| Week 11 | Cold and Heat Related Emergencies  
Burns  
Sudden Illness | First Aid: Ch. 9,15,18,19 |
| Week 12 | Recreational Safety  
Bone, Joint and Muscle Injuries  
(Project #4 due) | Safety: Ch. 10  
First Aid: Ch. 12,13,14 |
| Week 13 | Splinting | First Aid: Review  
Ch. 13,14 |
| Week 14 | Splinting review & Skill Scenarios  
(Project #5 Due) |  |
| Week 15 | Review and Practical Final |  |
| Week 15 | Written Final |  |