

# VERNON POLICE DEPARTMENT

Training Outline (2019)

**COURSE TITLE:** First Aid and CPR - Review & Skill Competency Evaluations

**DATE(S):**

**LENGTH:** 2-3 hours (every two years)

**LOCATION:** Vernon Police Department – Briefing Room

**INSTRUCTOR(S):** Sergeant Ignacio Estrada, Officer Jason Lucas

**PURPOSE:** This instructor led skills demonstration course is part of the California Commission on Police Officer Standards and Training's (P.O.S.T.) *First Aid /CPR/AED* online retraining course. This course meets the legislative refresher training mandate for First Aid, CPR, and AED (PC 13518) and Title 22, Division 9, Chapter 1.5.

**LEARNING  
OUTCOME:**

As first responders, peace officers should assume the primary responsibility for:

- Ensuring peace officer safety as well as the safety of ill or injured individuals and the public
- Evaluating the emergency situation (scene size-up)
- Initiating actions regarding the well-being and care of the ill or injured persons
- Taking necessary enforcement actions related to the incident

**OBJECTIVES:** Student(s) will discuss and demonstrate the proper care and treatment for the following medical emergencies:

**1. Adult Cardiopulmonary Resuscitation:**

- a) Verbalizes Scene Safety BSI/PPEs
- b) Checks responsiveness (unresponsive patient)
- c) Verbalizes activation of EMS
- d) Opens airway, checks breathing/circulation (5-10 seconds) (Pulse, no breathing)
- e) Opens airway, delivers one rescue breath each 5 seconds, using CPR mask and bag valve device (continues for 2 minutes, re-assesses) (No pulse, no breathing)
- f) Provides 30 chest compressions bottom ½ of sternum, 100-120/minute 2-2.4 inches deep, uses heel of “stacked” hands, full recoil after each compression, delivers two breaths for each “cycle”
- g) After 5 cycles or after each 2 minutes, re-checks pulse and breathing

**2. Clearing Obstructed Airway (Conscious Adult/Child):**

- a) Verbalizes scene safety/BSI/PPEs
- b) Determines if patient is fully obstructed, asks if victim can speak
- c) Gets permission from the adult victim to treat the obstruction
- d) Positions behind patient (bladed stance), encircles abdomen with arms, places thumb side of fist just above patient's navel
- e) Provides abdominal thrusts, inward and upward in "J" motion
- f) Continues thrusts until object expelled or patient becomes unconscious
- g) Verbalizes carefully assisting unconscious patient to the floor
- h) Verbalizes beginning steps for unconscious obstructed airway
- i) Provides standing "chest thrusts" technique for pregnant/obese victims
- j) Verbalizes advice to medically assess patient after airway cleared

### **3. Clearing Obstructed Airway (Conscious Infant)**

- a) Verbalizes scene safety/BSI/PPEs activation of EMS
- b) Verbalizes signs of obstruction (color, anxiety, unable to cry)
- c) Positions infant in head-down, well-supported position
- d) Provides 5 (five) back slaps (light blows) between shoulder blades
- e) Positions infant face up, head down, well-supported position
- f) Provides 5 (five) chest thrusts (as in CPR)
- g) Continues cycle of back slaps/chest thrusts for 5 cycles
- h) After five cycles, airway clear and baby begins to cry slightly, verbalizes continuing to monitor until fully clear, advises to seek medical follow-up

### **4. Child Cardiopulmonary Resuscitation (Unwitnessed Event):**

- a) Verbalizes scene safety/BSI/PPEs
- b) Checks responsiveness (unwitnessed/unresponsive patient)
- c) Verbalizes activation of EMS (unless needs to leave patient to do so)
- d) Opens airway, delivers one rescue breath each 3 seconds, using CPR mask, and bag valve device (verbalizes using proper size bag)
- e) After 2 minutes re-checks pulse/breathing/activates EMS if not already done (no pulse, no breathing)
- f) Provides 30 chest compressions, bottom ½ of sternum, 100-120/minute about 2 inches deep, uses heel of one hand or "stacked" hands, full recoil after each compression, delivers two breaths for each "cycle"
- g) After 5 cycles, or after each 2 minutes, activates EMS re-checks pulse and breathing

### **5. Child Cardiopulmonary Resuscitation (Witnessed Event):**

- a) Verbalizes scene safety/BSI/PPEs
- b) Checks responsiveness (witnessed/unresponsive patient)
- c) Verbalizes activation of EMS
- d) Opens airway, checks breathing/circulation (5-10 seconds) (Pulse, no breathing)
- e) Opens airway, delivers one rescue breath each 3 seconds, using CPR mask, and bag valve device (verbalizes using proper size bag)
- f) After 2 minutes re-checks pulse/breathing (No pulse, no breathing)

- g) Provides 30 chest compressions bottom ½ of sternum, 100-120/minute about 2 inches deep, uses heel of one hand or “stacked” hands, full recoil after each compression, delivers two breaths for each “cycle”
- h) After 5 cycles, or after each 2 minutes, activates EMS re-checks pulse and breathing

#### **6. Application of Chest Seals:**

- a) Verbalizes scene safety/BSI/PPEs
- b) Checks for signs/symptoms of pneumothorax, verbalizes, checks wound, checks breath sounds, signs of shock etc.
- c) Checks for entry/exit wounds
- d) Exposes wound site(s)
- e) Wipes wound area(s) as clean and dry as possible
- f) Applies Chest Seal(s) (use of vented seal preferred)
- g) After application of seal places victim on injured side, or in position of comfort, as patient condition dictates
- h) Monitors victim’s breathing function verbalizes need to “burp” non-vented chest seals if breathing becomes compromised
- i) Verbalizes treating victim for shock as appropriate

#### **7. Secondary Survey (Trauma):**

- a) Verbalizes scene safety
- b) Verbalizes/ensures BSI, PPEs
- c) Checks responsiveness (Responsive/conscious patient)
- d) Activates EMS as appropriate
- e) Verbalizes general impression (complexion/LOC, etc.)
- f) Verbalizes need to treat life-threatening issues first
- g) Conducts head-to-toe, “hands-on” assessment
- h) Determines vitals (pulse/respirations/etc.)
- i) Identifies chief complaint/injuries
- j) Establishes/verbalize treatment priorities

#### **8. Bleeding Control Techniques – Tourniquets (S.O.F.T.) Plus Treat For Shock:**

- a) Verbalizes scene safety
- b) Verbalizes/utilizes PPEs
- c) Exposes/visualizes bleeding site
- d) Applies direct pressure at wound site (gloved hand or compress) (Bleeding continues)
- e) Verbalizes adding additional dressing (not removing first one) (Bleeding continues)
- f) Applies pressure dressing (checks pulse after application) (Bleeding continues)
- g) Applies commercially available tourniquet (proximal to wound, not over joints) (Bleeding continues)

#### **9. Bleeding Control Techniques – Hemostatic Dressing / Wound Packing Plus Treat For Shock:**

- a) Verbalizes scene safety

- b) Verbalizes/utilizes PPEs
- c) Exposes/visualizes bleeding site
- d) Applies direct pressure at wound site (gloved hand or compress) (Bleeding continues)
- e) Verbalizes adding additional dressing (not removing first one) (Bleeding continues)
- f) Applies pressure dressing (checks pulse after application) (Bleeding continues)
- g) Applies commercially available tourniquet (proximal to wound, not over joints) (Bleeding continues)
- h) Re-evaluates wound/bleeding applies 2nd tourniquet (above first) (Bleeding continues)
- i) Visualizes wound/bleeding, packs site with hemostatic dressing
- j) Applies direct pressure over hemostatic dressing at least 3 minutes (Bleeding controlled)
- k) Recognizes/verbalizes signs and symptoms of shock
- l) Places patient in “shock” position/maintains body temperature, monitors ABCs

**Note:** A record with the associated CPT Credit will be sent to the student’s POST Training Profile when they complete the self-paced online portion AND enter the date of the instructor-led skills demonstration.



*Skill Check Sheet*

**ADULT CARDIOPULMONARY RESUSCITATION**

<b>Student Name</b>
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<b>Skill Step</b>	<b>Critical Performance Criteria</b>	<b>PASS</b>	<b>FAIL</b>
1	Verbalizes Scene Safety BSI/PPEs		
2	Checks responsiveness ( <i>unresponsive patient</i> )		
3	Verbalizes activation of EMS		
4	Opens airway, checks breathing/circulation (5-10 seconds) ( <i>Pulse, no breathing</i> )		
5	Opens airway, delivers one rescue breath each 5 seconds, using CPR mask and bag valve device (continues for 2 minutes, re-assesses) ( <i>No pulse, no breathing</i> )		
6	Provides 30 chest compressions bottom ½ of sternum, 100-120/minute 2-2.4 inches deep, uses heel of “stacked” hands, full recoil after each compression, delivers two breaths for each “cycle”		
7	After 5 cycles or after each 2 minutes, re-checks pulse and breathing		

<b><i>Instructor Comments</i></b>
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<b><i>Instructor Signature</i></b>
<b><i>Print Instructor Name</i></b>
<b><i>Date</i></b>



*Skill Check Sheet*

**CLEARING OBSTRUCTED AIRWAY  
CONSCIOUS ADULT/CHILD**

<b>Student Name</b>
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<b>Skill Step</b>	<b>Critical Performance Criteria</b>	<b>PASS</b>	<b>FAIL</b>
1	Verbalizes scene safety/BSI/PPEs		
2	Determines if patient is fully obstructed, asks if victim can speak		
3	Gets permission from the adult victim to treat the obstruction		
4	Positions behind patient (bladed stance), encircles abdomen with arms, places thumb side of fist just above patient's navel		
5	Provides abdominal thrusts, inward and upward in "J" motion		
6	Continues thrusts until object expelled or patient becomes unconscious		
7	Verbalizes carefully assisting unconscious patient to the floor		
8	Verbalizes beginning steps for unconscious obstructed airway		
9	Provides standing "chest thrusts" technique for pregnant/obese victims		
10	Verbalizes advice to medically assess patient after airway cleared		

<b><i>Instructor Comments</i></b>
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<b><i>Instructor Signature</i></b>
<b><i>Print Instructor Name</i></b>
<b><i>Date</i></b>



*Skill Check Sheet*

**CLEARING OBSTRUCTED AIRWAY  
INFANT (CONSCIOUS)**

<b>Student Name</b>
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<b>Skill Step</b>	<b>Critical Performance Criteria</b>	<b>PASS</b>	<b>FAIL</b>
1	Verbalizes scene safety/BSI/PPEs activation of EMS		
2	Verbalizes signs of obstruction (color, anxiety, unable to cry)		
3	Positions infant in head-down, well-supported position		
4	Provides 5 (five) back slaps (light blows) between shoulder blades		
5	Positions infant face up, head down, well-supported position		
6	Provides 5 (five) chest thrusts (as in CPR)		
7	Continues cycle of back slaps/chest thrusts for 5 cycles		
8	After five cycles, airway clear and baby begins to cry slightly, verbalizes continuing to monitor until fully clear, advises to seek medical follow-up		

<b>Instructor Comments</b>
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<b><i>Instructor Signature</i></b>
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<b><i>Print Instructor Name</i></b>
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<b><i>Date</i></b>
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*Skill Check Sheet*

**CHILD CARDIOPULMONARY RESUSCITATION  
UNWITNESSED EVENT**

<b>Student Name</b>
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<b>Skill Step</b>	<b>Critical Performance Criteria</b>	<b>PASS</b>	<b>FAIL</b>
1	Verbalizes scene safety/BSI/PPEs		
2	Checks responsiveness ( <i>unwitnessed/unresponsive patient</i> )		
3	Verbalizes activation of EMS (unless needs to leave patient to do so)		
4	Opens airway, delivers one rescue breath each 3 seconds, using CPR mask, and bag valve device ( <i>verbalizes using proper size bag</i> )		
5	After 2 minutes re-checks pulse/breathing/activates EMS if not already done ( <i>no pulse, no breathing</i> )		
6	Provides 30 chest compressions, bottom ½ of sternum, 100-120/minute about 2 inches deep, uses heel of one hand or "stacked" hands, full recoil after each compression, delivers two breaths for each "cycle"		
7	After 5 cycles, or after each 2 minutes, activates EMS re-checks pulse and breathing		
<b><i>Instructor Comments</i></b>			

<b><i>Instructor Signature</i></b>
<b><i>Print Instructor Name</i></b>
<b><i>Date</i></b>





*Skill Check Sheet*

**CHILD CARDIOPULMONARY RESUSCITATION  
WITNESSED EVENT**

<b>Student Name</b>
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<b>Skill Step</b>	<b>Critical Performance Criteria</b>	<b>PASS</b>	<b>FAIL</b>
1	Verbalizes scene safety/BSI/PPEs		
2	Checks responsiveness ( <i>witnessed/unresponsive patient</i> )		
3	Verbalizes activation of EMS		
4	Opens airway, checks breathing/circulation (5-10 seconds) ( <i>Pulse, no breathing</i> )		
5	Opens airway, delivers one rescue breath each 3 seconds, using CPR mask, and bag valve device ( <i>verbalizes using proper size bag</i> )		
6	After 2 minutes re-checks pulse/breathing ( <i>No pulse, no breathing</i> )		
7	Provides 30 chest compressions bottom ½ of sternum, 100-120/minute about 2 inches deep, uses heel of one hand or “stacked” hands, full recoil after each compression, delivers two breaths for each “cycle”		
8	After 5 cycles, or after each 2 minutes, activates EMS re-checks pulse and breathing		
<b><i>Instructor Comments</i></b>			

<b><i>Instructor Signature</i></b>
<b><i>Print Instructor Name</i></b>
<b><i>Date</i></b>



*Skill Check Sheet*

**APPLICATION OF CHEST SEALS**

<b>Student/Instructor Name</b>
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<b>Skill Step</b>	<b>Critical Performance Criteria</b>	<b>PASS</b>	<b>FAIL</b>
1	Verbalizes scene safety/BSI/PPEs		
2	Checks for signs/symptoms of pneumothorax, verbalizes, checks wound, checks breath sounds, signs of shock etc.		
3	Checks for entry/exit wounds		
4	Exposes wound site(s)		
5	Wipes wound area(s) as clean and dry as possible		
6	Applies Chest Seal(s) (use of vented seal preferred)		
7	After application of seal places victim on injured side, or in position of comfort, as patient condition dictates		
8	Monitors victim's breathing function verbalizes need to "burp" non-vented chest seals if breathing becomes compromised		
9	Verbalizes treating victim for shock as appropriate		

<b>Evaluator Comments</b>
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<b>Evaluator Signature</b>
<b>Print Evaluator Name</b>
<b>Date</b>



*Skill Check Sheet*

**SECONDARY SURVEY (TRAUMA)**

<b>Student Name</b>
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<b>Skill Step</b>	<b>Critical Performance Criteria</b>	<b>PASS</b>	<b>FAIL</b>
1	Verbalizes scene safety		
2	Verbalizes/ensures BSI, PPEs		
3	Checks responsiveness ( <i>Responsive/conscious patient</i> )		
4	Activates EMS as appropriate		
5	Verbalizes general impression (complexion/LOC, etc.)		
6	Verbalizes need to treat life-threatening issues first		
7	Conducts head-to-toe, "hands-on" assessment		
8	Determines vitals (pulse/respirations/etc.)		
9	Identifies chief complaint/injuries		
10	Establishes/verbalize treatment priorities		

<b><i>Instructor Comments</i></b>
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<b><i>Instructor Signature</i></b>
<b><i>Print Instructor Name</i></b>
<b><i>Date</i></b>



*Skill Check Sheet*

**BLEEDING CONTROL TECHNIQUES – Tourniquets  
C.A.T-T / S.W.A.T-T / S.O.F-T/ PLUS TREAT FOR SHOCK**

<b>Student/Instructor Name</b>
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<b>Skill Step</b>	<b>Critical Performance Criteria</b>	<b>PASS</b>	<b>FAIL</b>
1	Verbalizes scene safety		
2	Verbalizes/utilizes PPEs		
3	Exposes/visualizes bleeding site		
4	Applies direct pressure at wound site (gloved hand or compress) <i>(Bleeding continues)</i>		
5	Verbalizes adding additional dressing (not removing first one) <i>(Bleeding continues)</i>		
6	Applies pressure dressing (checks pulse after application) <i>(Bleeding continues)</i>		
7	Applies commercially available tourniquet (proximal to wound, not over joints) <i>(Bleeding continues)</i>		

<b><i>Evaluator Comments</i></b>
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<b><i>Evaluator Signature</i></b>
<b><i>Print Evaluator Name</i></b>
<b><i>Date</i></b>



*Skill Check Sheet*

**BLEEDING CONTROL TECHNIQUES – Hemostatic Dressing/Wound Packing  
PLUS TREAT FOR SHOCK**

**Student/Instructor Name**

<b>Skill Step</b>	<b>Critical Performance Criteria</b>	<b>PASS</b>	<b>FAIL</b>
1	Verbalizes scene safety		
2	Verbalizes/utilizes PPEs		
3	Exposes/visualizes bleeding site		
4	Applies direct pressure at wound site (gloved hand or compress) <i>(Bleeding continues)</i>		
5	Verbalizes adding additional dressing (not removing first one) <i>(Bleeding continues)</i>		
6	Applies pressure dressing (checks pulse after application) <i>(Bleeding continues)</i>		
7	Applies commercially available tourniquet (proximal to wound, not over joints) <i>(Bleeding continues)</i>		
8	Re-evaluates wound/bleeding applies 2 <sup>nd</sup> tourniquet (above first) <i>(Bleeding continues)</i>		
9	Visualizes wound/bleeding, packs site with hemostatic dressing		
10	Applies direct pressure over hemostatic dressing at least 3 minutes <i>(Bleeding controlled)</i>		
11	Recognizes/verbalizes signs and symptoms of shock		
12	Places patient in “shock” position/maintains body temperature, monitors ABCs		

**Evaluator Comments**

<b>Evaluator Signature</b>
<b>Print Evaluator Name</b>
<b>Date</b>