



STREAMLINE

HEALTH SERVICES

TITLE 22 FIRST AID TRAINING FORMS v. 2017

Welcome to Streamline Health Services, LLC (SHS) Title 22 First Aid for Public Safety Personnel certification program! Title 22 First Aid for Public Safety Personnel provides participants with advanced first aid skills and meets the first aid training and certification requirements for California Code of Regulations, valid for 2 years. American Red Cross (ARC) requires participants to be at least 15 years old by the last class date.

Please print and read the information below carefully. Should you have any questions, feel free to contact us at 877 – 404 – 0056. Thank you!

MANUALS & TRAINING FORMS | Bring to Class Sessions

American Red Cross requires participants to have access to all Title 22 First Aid manuals and materials during class sessions. The participant manual for the Title 22 First Aid class is the American Red Cross Lifeguard Manual. Please download manuals and print training forms, then bring to class with you. Thank you!

➤ **PRINT AND REVIEW | SHS Training Forms**

Print and review the Title 22 First Aid Training Forms prior to attending class. While in class, you will receive many answers to the Title 22 First Aid study guide questions located on page 2 of this document. Please bring a printed copy of the Title 22 First Aid Training Forms with you to class.

➤ **DOWNLOAD TITLE 22 FIRST AID MANUAL | Bring to class on Laptop or iPad**

American Red Cross course manuals can be downloaded from StreamlineHealth.com, click Resources, then click Manuals & Training Forms. You only need to download the Manuals located under the Title 22 First Aid section. The participant manual for the Title 22 First Aid class is the American Red Cross Lifeguard Manual. Please bring the download manuals to class on a laptop or iPad.

WHAT TO BRING TO CLASS

1. Proof of age
2. Title 22 First Aid Manuals – download on laptop or iPad
 - o Lifeguard Manual, Using an Asthma Inhaler, Using an EpiPen, Using a Tourniquet
3. Training Forms – print a copy
4. CPR Mask – if not purchased

PRINT CERTIFICATIONS

ARC issues electronic certifications, which will be emailed to participants within 2 days of the last class date. Directions to download or print certifications are located on StreamlineHealth.com, click Resources, then click Print Certifications.

NOTE | Streamline Health Services does not have access to your ARC account. If you cannot remember your username and password or you need help accessing your electronic certifications, please contact the ARC Training Support Center at 800-Red Cross. Thank you!



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TITLE 22 FIRST AID | STUDY GUIDE BEFORE PROVIDING CARE

- Define | consent, implied consent, scene size up, initial impression, bloodborne pathogens (BBP), primary assessment, primary assessment drowning, secondary assessment
- When do you call 911
- How do you obtain consent?
- How do you prevent against BBP transmission?
- When conducting a secondary assessment how do you check an adult? How do you check a child?
- Steps | adult/pediatric cardiac chain of survival
- If you are an assisting responder, what is the first question you ask primary responders when you arrive on scene

FIRST AID

- Acronyms | LOC, SAMPLE, FAST, RICE, AVPU, MOI, SDS
- Define | hemothorax, flail chest, pneumothorax, traumatic asphyxia, splinting
- Define | signs, symptoms
- Signs, Symptoms and Treatments for the following | breathing emergencies, asthma, heart attack, cardiac arrest, shock, seizure on land, seizure in water, diabetic, stroke, heat/cold emergencies, conscious/unconscious choking, allergic reaction, anaphylactic shock, soft tissue and joint injuries, animal & human bites, insect stings, jellyfish sting, poison emergencies, internal bleeding, recovery position, incident stress syndrome
- Treatment | for a conscious choking patient who become unconscious while you are providing care
- Steps to control bleeding
- Stages and treatments for burns | thermal, chemical, electrical
- Care for emergency birth/delivery, newborns

RESCUE BREATHING | CPR/AED | BVM

- Difference between adult, child, infant – age, weight, avg. heart rate, volume and length of rescue breaths
- Define | rescue breathing, CPR, obstruction of airway, agonal breaths, recoil, BVM, AED
- Rescuer breathing is performed when the victim has a _____ and is not _____
- CPR is performed when a victim has no _____ and is not _____
- The main objective of CPR is to circulate _____ and _____ to the brain and vital organs
- Rescue breathing ratio for adult, child and infant
- CPR ratio for adult, child and infant – one rescuer and two or more rescuers
- Compression depths for adult, child and infant
- Hand placement for CPR compressions on an adult, child and infant
- Why should you expose the chest when giving CPR compressions?
- CPR compressions should be given at a rate of _____ to _____ compressions per minute?
- What are the 4 reasons you can legally stop providing care once started?
- Define | AED | Can an AED interrupt CPR?
- Define | ventricular fibrillation and ventricular tachycardia
- Define | AED precautions
- Considerations for using adult AED pads on a child or infant
- If a victim has body piercings, what precautions are taken when applying AED pads?
- Where are AED pads place on a patient? Upper _____ chest and lower _____ side
- What 2 heart rhythms will an AED advise shock and what 2 heart rhythms will an AED advise no shock?
- When using a BVM, how many rescuers does ARC require when performing rescue breathing?
- When using a BVM, how many rescuers does ARC require when performing CPR?



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FACT SHEET | Adult, Child, Infant ADULTS

AGE	Older than Puberty 12 to 14 years old
AVERAGE HEART RATE	60 to 100 / per minute
RESCUE BREATHING	1 Breath every 5 to 6 seconds
CPR	30 Compressions, 2 Breaths 100 - 120 compressions in 1 minute
COMPRESSION DEPTH	At least 2 inches, no more than 2.4 inches *30 compressions in 18 seconds will equal a rate of 100 compressions per minute

CHILD

AGE	1 year old to Puberty 12 to 14 years old
AVERAGE HEART RATE	100 to 120 / per minute
RESCUE BREATHING	1 Breath every 3 seconds
CPR	30 Compressions, 2 Breaths 100 - 120 compressions in 1 minute
2 OR MORE RESCUERS	15 Compressions, 2 Breaths
COMPRESSION DEPTH	About 2 inches *30 compressions in 18 seconds will equal a rate of 100 compressions per minute

INFANT

AGE	0 to 1 year old
AVERAGE HEART RATE	120 to 160 / per minute
RESCUE BREATHING	1 Breath every 3 seconds
CPR	30 Compressions, 2 Breaths 100 - 120 compressions in 1 minute
2 OR MORE RESCUERS	15 Compressions, 2 Breaths
COMPRESSION DEPTH	About 1.5 inches *30 compressions in 18 seconds will equal a rate of 100 compressions per minute