

EMERGENCY FIRST RESPONSE®

Creating Confidence to Care®

Participant Manual

Participant Manual – 2015 Guidelines

Primary and Secondary Care

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Emergency First Response
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EMERGENCY FIRST RESPONSE®

This Participant Manual belongs to _____

Mailing Address _____

City _____ State/Province _____

Zip/Postal Code _____ Country _____

Phone Number _____

Instructor Statement

This person has completed the following Emergency First Response course requirements and indicated recommended skills.

☐ Primary Care (CPR)

Instructor Signature _____ Number _____

Completion Date _____

☐ Optional Skill – Automated External Defibrillator (AED) Use

☐ Optional Skill – Emergency Oxygen Use

☐ Secondary Care (First Aid)

Instructor Signature _____ Number _____

Completion Date _____

Emergency First Response® (EFR®) Primary Care and Secondary Care Participant Manual

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For More Information

For more information about Emergency First Response, Corp., courses, products and emergency care go to www.emergencyfirstresponse.com.

Patient Care Standards

Emergency First Response Primary Care (CPR) and Secondary Care (First Aid) courses follow the emergency considerations and protocols as developed by the members of the International Liaison Committee on Resuscitation (ILCOR). Members include American Heart Association (AHA), European Resuscitation Council (ERC), Australian and New Zealand Committee on Resuscitation (ANZCOR – current members include Australian Resuscitation Council and New Zealand Resuscitation Council), Heart and Stroke Foundation of Canada (HSFC), Resuscitation Council of Southern Africa (RCSA), Inter American Heart Foundation (IAHF), Resuscitation Council of Asia (RCA – current members include Japan, Korea, Singapore, Taiwan, Philippine, Thai). Source authority for the development of content material in Emergency First Response programs is based on the following:

- Circulation, Journal of the American Heart Association. Volume 122, Number 18, Supplement 3. November 2010, and Volume 132, Number 18, Supplement 2. November 2015.
http://circ.ahajournals.org/content/vol132/18_suppl_2/ and <https://eccguidelines.heart.org/index.php/circulation/cpr-ecc-guidelines-2/>
- Resuscitation, Journal of the European Resuscitation Council. Volume 95, October 2015.
<http://www.resuscitationjournal.com/>
- Australian Resuscitation Council, ANZCOR Guidelines, Version: January 2016.
<http://www.resus.org.au/guidelines/anzcor-guidelines/> or
- New Zealand Resuscitation Council Guidelines. January 2016.
<http://www.anzcor.org/guidelines/>.

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About this Manual

The *Emergency First Response Participant Manual* has three sections

- ▶ **Section One – Independent Study Workbook**
- ▶ **Section Two – Skills Workbook**
- ▶ **Section Three – Emergency Reference**

Section One provides you with foundational information specific to Emergency Responder care. By reading the background information in this section, you'll better understand emergency care procedures and why your role as an Emergency First Responder is so important to those who need emergency care.

Section Two applies to the skill development portion of your Emergency First Response course. Under your Instructor's supervision, you'll use this step-by-step workbook to guide you through a practice session for each of the course's skills.

Section Three provides a quick emergency care reference to use after you complete your course. This section includes emergency care reference for:

- ◆ Primary Care – CPR for Adults, Children and Infants
- ◆ Assembling a First Aid Kit
- ◆ Injury First Aid – Dislocations, fractures, cuts, scrapes, bruises, dental injuries, strains, sprains, eye injuries and electrical injuries
- ◆ Temperature-Related Injuries – Burns, hypothermia, frostbite, heat stroke and heat exhaustion
- ◆ Illness First Aid – Heart attack, stroke, diabetic problems, seizures, allergic reactions, poisoning, venomous bites and stings



Section **ONE**

Independent Study



Section **ONE**

Independent **STUDY**

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Introduction

Someone cuts his finger in a kitchen. At a gym, an older gentleman collapses from a heart attack. During a sporting event, a young boy faints from standing too long. Two automobiles collide, seriously injuring the occupants. A youngster floats motionless, face down in a swimming pool. A diner at the next table chokes on food, unable to breathe.

It happens every day. Some of these people just need a helping hand while others will die or suffer serious permanent injury if not immediately attended to. Many things separate those who live and escape serious disability from those who die or suffer long after their misfortune: the individual's fitness and health, the severity of the initial incident, the distance from medical care and often, just plain luck. No one can control these variables.

But there's one variable you *can* control when you're on the scene of any medical emergency: *You*. Often, life versus death or complete recovery versus long-term disability lies with a layperson first responder providing care between the emergency's onset and the arrival of professional medical personnel. If you are there, you can provide that care. *You* can be an Emergency Responder. As a layperson, you can't guarantee that a patient will live or fully recover — there's too much beyond anyone's control — but you can feel confident that given the circumstances, everything that could be done will be done.

If you're not familiar with emergency care procedures, it can seem intimidating and complex. What do you do? For that matter, how do you know what to do first? Such questions may appear overwhelming, but actually, they're not. If you can remember a simple memory word, you'll know what to do. This is because no matter what the nature of a medical emergency, you follow the same steps in the same order, providing basic care based on what you find. In the Emergency First Response Primary Care (CPR) and Secondary Care (First Aid) courses, you'll learn to follow the necessary steps in the right order, so you do the right things at the right time. You'll learn to apply first responder care following the same priorities used by medical professionals.

Regional Resuscitation Councils and Organizations

- ▶ American Heart Association (AHA) guidelines are used in Americas, United States, Canada, Asia and the Pacific Island countries.
- ▶ European Resuscitation Council (ERC) guidelines are used in the UK, Europe, Africa, Middle East and Russia. ERC guidelines also apply in French overseas territories (incl. New Caledonia, French Polynesia)
- ▶ ANZCOR/New Zealand Resuscitation Council (NZRC) guidelines are used in New Zealand.

Significant regional differences in primary and secondary care are indicated by references to AHA, ERC, ANZCOR or ARC/NZRC guidelines. Note that additional requirements may apply for recognized workplace first aid training.

*“You can be an
Emergency
Responder.”*



As a lay Emergency Responder, you'll learn to apply care following the same priorities used by medical professionals.