

# PURPOSE:

To establish the minimum requirements for a first responder training course in first aid, in order to meet the requirements of M.G.L. c. 111, §201 and 105 CMR 171.130(A).

# PRIMARY INSTRUCTOR'S QUALIFICATIONS:

- (1) The course shall be conducted by a qualified instructor who has primary responsibility for that training course. The primary instructor may utilize other experienced persons to teach individual segments of the course provided that the primary instructor maintains overall responsibility for the course.
- (2) The primary instructor shall:
  - (a) possess current, valid documentation of successful completion of any course in 105 CMR 171.130(A) or 171.130(B); and
  - (b) have a minimum of one year of substantial experience providing direct patient care in an emergency setting, gained within three years prior to teaching the first responder course; however, in cases of hardships this experience requirement may be waived by the Program Director, and
  - (c) be currently certified as an instructor by the American Heart Association, the American Red Cross, the Massachusetts Firefighting Academy, the Massachusetts Criminal Justice Training Council, the Massachusetts Civil Defense Agency, the Emergency Medical Instructor/Coordinator training course of the Department, or possess documentation of satisfactory completion of an equivalent instructor training course approved by the Program Director. The Department shall maintain a list of such equivalent courses.

#### COURSE CURRICULUM:

TOPIC	MINIMUM HOURS	OBJECTIVE
Emergency	$1/_{2}$	-Describe the EMS system including:
Medical		a) role of the first responder
Services System	<u>l</u>	b) role of ambulance personnel
		c) communications with, and relationships
		between the first responder, ambulance
		personnel and hospitals



# OFFICE OF EMERGENCY MEDICAL SERVICES Administrative Requirements Manual

EFFECTIVE: 7/18/03 AUTHORIZATION:

PAGE: 2 of 6

A/R 2-100

A/R TITLE: Minimum Standards for First Aid Training for First Responders

SUPERSEDES: 105 CMR 171.240 Appendix

TOPIC

### MINIMUM HOURS

1

### **OBJECTIVE**

d) location and types of available emergency medical care, such as hospitals and first aid stations

Patient Assessment And Actions At the Scene

<u>primary</u> survey addressing: a) airway b) breathing c) circulation

-Describe and demonstrate the

-Describe and demonstrate the <u>secondary</u> survey addressing: a) recognition of common medical emergencies b) mechanisms and causes of injury c) signs of bleeding d) signs of possible skeletal injury e) differential assessment of medical conditions which may be obscure or insidious, *e.g.*, diabetic reactions, stroke, heart attack f) medical identification, *e.g.*, MEDIC ALERT jewelry

-Establish criteria for determining triage and treatment priorities.

-Outline indications for requesting ambulance response to the scene.

-Outline the necessary data and information to be relayed to ambulance service.

-Identify appropriate interactions at the scene between first responders



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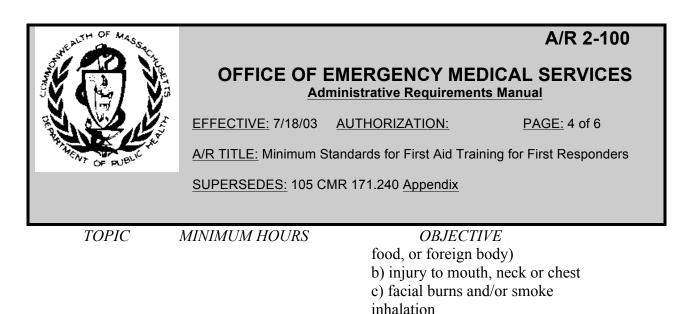
PAGE: 3 of 6

A/R 2-100

A/R TITLE: Minimum Standards for First Aid Training for First Responders

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	TOPIC	MINIMUM HOURS	OBJECTIVE
			and emergency medical technicians.
	Gaining	$1 \frac{1}{2}$	-Describe methods of gaining access
	Access		to a trapped patient:
	And Emergence	cy	a) use of access tools
	Rescue	-	b) water rescue techniques
			c) patient transport techniques
			d) determinants of need for support
			services, e.g., traffic control, heavy
			rescue equipment.
			-Demonstrate and practice, with
			trainees:
			a) clothes drag maneuver for a
			person with a questionable spinal
			cord injury.
			b) traction blanket lift
			c) log roll and straddle slide
	Medical	2	-Identify the signs and symptoms, as
	Emergencies		well as basic intervention needed, to
			support persons with conditions such
			as: a) heart attack
			b) stroke
			c) diabetic reactions
			d) childbirth (emergency)
			e) allergic reactions
			f) behavioral emergencies
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	<u>Respiratory</u>	2	-Describe the normal breathing
	Emergencies		process.
		-Identify criteria for recognizing	
			respiratory distress resulting from
			such causes as:
			a) airway obstruction (by tongue,



		f) allergic reactions g) electrical shock h) drowning
		<ul> <li>-Describe, demonstrate, and practice with trainees, methods of maintaining a clear and open airway including:</li> <li>a) mouth-to-mouth and mouth-to-nose artificial ventilation</li> <li>b) mechanical aids-oxygen equipment</li> </ul>
Bleeding Wounds and Shock	2	<ul> <li>Describe the circulatory system</li> <li>Identify signs and symptoms of shock</li> <li>Identify shock-prone conditions and causes of traumatic and anaphylactic shock.</li> </ul>
		-Identify shock-prevention measures.

dressings e) tourniquets (stress dangers and

d) use of commercial and improvised

-Describe, demonstrate, and practice, with trainees, methods of bleeding

d) known respiratory illness (emphysema, bronchitis, asthma)

e) poisons

control:

a) direct pressure b) pressure points c) elevation



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EFFECTIVE: 7/18/03 AUTHORIZATION:

PAGE: 5 of 6

A/R 2-100

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**TOPIC** MINIMUM HOURS **OBJECTIVE** restrictions of their use) 1 Accidental -Identify criteria for assessing patient Poisonings who has overdosed on drugs or And alcohol. Drug/Alcohol Abuse -Identify assessment criteria for accidental poisoning victims -Outline basic intervention needed to care for both of the above. -Identify Poison Information Center, its role and phone number. -Differentiate the signs of alcohol intoxication from those of medical conditions which may mimic alcohol abuse, e.g., diabetes, stroke. -Describe methods and importance of obtaining samples. Thermal 1 -Identify signs, symptoms of basic Injuries intervention needed by victims of: a) burns (degrees of severity) b) heat stroke c) heat exhaustion d) frostbite and exposure Head and 2 -Identify signs, symptoms of, and basic intervention needed by. Trunk Injuries victims of blunt and penetrating trauma of the: a) head: fractures, lacerations

b) face: fractures, lacerations

