



## First Aid, Health and Safety for Coaches

### Course Objectives:

- How to check a conscious and unconscious adult or athlete
- Recognize and manage respiratory distress and respiratory arrest
- Recognizing sudden illness and steps for care
- Prevention and management of cold & heat related illnesses
- Types and management of wounds
- Care for fractures, dislocations, sprains, and strains
- Learn signs and symptoms of psychological and mental health problems

### Unit 1: Course Introduction

- Welcome
- Assessment
- Summary

### Unit 2: Before Giving Care

- Your Role in the EMS System
- Emergency Action Planning
- Checking a Conscious Adult/ Athlete
- Spinal Injuries
- Checking an Unconscious Adult/Athlete
- The Recovery Position
- Moving an Injured or Ill Athlete
- Shock
- Blood-borne Pathogens
- Disease Transmission & Prevention

### Unit 3: Breathing Emergencies

- Respiratory Distress & Respiratory Arrest
- Asthma
- Choking

### Unit 4: Sudden Illness

- Recognizing Sudden Illness
- Seizure
- Stroke
- Diabetes
- Sick Cell Trait
- Anaphylaxis & Allergic Reactions
- Epinephrine Auto-injector

### Unit 5: Environmental Emergencies

- Hydration
- Heat Related Emergencies
- Cold Related Emergencies
- Lightning

### Unit 6: Soft Tissue Injuries

- Wounds
- Open Wounds
- Controlling External Bleeding
- Burns
- Special Situations

### Unit 7: Injuries to Muscles, Bones and Joints

- Types of Injuries
- Splinting and Injury
- Head, Neck, and Back Injuries
- Concussion

### Unit 8: Health & Safety in Sports, Part 1

- Psychology & Mental Health
- Eating Disorders
- Female Triad

### Unit 9: Health & Safety in Sports, Part 2

- Skin Conditions and Infections
- Mono

### Resources: Videos Demonstrating:

- Moving an Injured Athlete
- Caring for an Unconscious Athlete
- Splinting
- Proper Removal & Disposal of Latex Gloves
- Controlling Bleeding
- Proper Hand washing
- Preparing a Sling

### Resource Summary:

Good Samaritan FAQ's, Emergency Action Plan Posters, Supplies That Should Be in the First Aid Kit, CPR and AED Certification Information from the American Red Cross, List of Techniques for Non-Emergency Moves, Description of Hepatitis A, B, C, D, E, Types of Respiratory Illnesses and Symptoms, Asthma Preventative Measures and Medications, Types Seizures and Symptoms, Heat Index Chart, Stitches and Bandages, Burns, Mouthguard Flyer, Eye Safety, Recognizing Concussions, Stingers, and NCAA Managing Student-Athletes' Mental Health Issues