



BasicPlus

CPR, AED, and First Aid for Adults



MEDIC First Aid BasicPlus is a combined adult CPR, AED, and first aid training program designed specifically for the occupational first aid provider. This extremely flexible program will help employers meet OSHA and other federal and state regulatory requirements for training employees how to respond and care for medical emergencies at work. The program is based upon the 2015 International Consensus on Cardiopulmonary Resuscitation (CPR) and Emergency Cardiovascular Care (ECC) Science with Treatment Recommendations (CoSTR) and other evidence-based treatment recommendations.

Course Configuration

Intended audience

- Occupational first aid providers and lay rescuers who are not healthcare providers or professional rescuers

Class size and ratios

- Max student to instructor ratio: 12 to 1
- Recommended student to equipment ratio: 3 to 1

Instructor Materials

- BasicPlus Program Video (DVD)
- BasicPlus Instructor Guide

Student Materials

- Student Book
- Wallet Skill Guide
- Home Emergency Plan
- Skill Practice kit (Rescue breaths barrier, Protective gloves, Roll bandage, Gauze pad, Ziplock bag)
- BasicPlus certification card

Successful completion(certification)

- Written evaluation: Required when specified by organizational, local, or state regulation.
- Performance evaluation: All students must perform required skills competently without assistance.

Recommended time to complete

- Initial training: 6–7 hours
- Renewal training: Less than initial instructional time

Recognized certification period

Up to 2 years.

Class information at the following
MEDIC First Aid Training Center :



Class Topics

- First Aid Provider
- Recognizing an Emergency
- Personal Safety
- Deciding to Help
- Infectious Bloodborne Diseases
- Standard Precautions
- Personal Protective Equipment
- Legal Considerations
- Implied Consent
- Abandonment
- Good Samaritan Laws
- Emergency Medical Services
- Emergency Actions Plans
- Poison Help Line
- Emergency Moves
- Oxygen and the Human Body
- Sudden Cardiac Arrest
- Cardiopulmonary Resuscitation (CPR)
- Early Defibrillation
- Chain of Survival
- Secondary Cardia Arrest
- Opioid Overdose
- Chest Compressions
- Rescue Breaths
- AED Operation
- AED Troubleshooting & Considerations
- Primary Assessment –Unresponsive
- Recovery Position
- Caring for Cardiac Arrest
- Multiple Provider Approach to CPR
- Choking
- Assessment
- Primary Assessment – Responsive
- Secondary Assessment*
- Control of Bleeding
- Tourniquets
- Hemostatic Dressings
- Using a Tourniquet*
- Using a Hemostatic Dressing*
- Shock
- Internal Bleeding
- Amputation*
- Impaled Subject*
- Open Chest Injury*
- Open Abdominal Injury*
- Head, Neck, or Back Injury
- Spinal Injury
- Brain Injury
- Concussion
- Swollen, Painful, or Deformed Limb
- Burns
- Nosebleed
- Injured Tooth
- Altered Mental Status
- Fainting
- Stroke
- Hypoglycemia
- Seizure
- Breathing Difficulty, Shortness of Breath
- Asthma and Inhalers
- Severe Allergic Reaction
- Pain, Pressure, or Discomfort in Chest
- Poisoning
- Severe Abdominal Pain*
- Heat Exhaustion
- Heat Stroke
- Hypothermia
- Frostbite
- Stinging Insects*
- Snakebites*
- Tick Bites*
- Marine Animal Stings*
- Animal and Human Bites*
- Emotional Considerations*

*Supplemental Topics

