

# Basic First Aid

ASHI *Basic First Aid* was created to help students develop basic first aid knowledge, skills and the confidence to respond. The program is an excellent choice for both the community and workplace setting, and conforms to the *2015 AHA and ARC Guidelines Update for First Aid*.

## Intended audience

Individuals who are not healthcare providers or professional rescuers but desire or are required to be certified in basic emergency medical care.

## Class configurations

- Max student to instructor ratio: 10 to 1
- Recommended student to equipment ratio: 3 to 1

## ASHI-approved training materials

- ASHI Basic First Aid Student book (one per participant, print or digital)
- ASHI Basic First Aid Instructor Guide (one per Instructor, print or digital)
- ASHI Basic First Aid media presentation (program video, PowerPoint® or computer/online blended class)

## Digital Resources

- Streaming video player
- Create custom playlists
- Customizable blended learning playlists
- Pre-built digital Performance Evaluations
- Track past, present and future classes
- Mobile app, including offline mode

## Recognized certification period

Up to 2 years

## Successful completion (certification)

- *Written evaluation:* When not required by a regulatory agency, it is optional.
- *Performance evaluation:* All students must perform required skills competently without assistance.

## Recommended time to complete

- Initial training: 2.5-3 hours
- Renewal training: Less than initial instructional time

Times based on core-topics only. Adding supplemental topics will add to the overall class time.



## Class topics

- First Aid
- Recognizing an Emergency
- Deciding to Help
- Personal Safety
- Infectious Bloodborne Diseases
- Standard Precautions
- Personal Protective Equipment
- Consent
- Implied Consent
- Abandonment
- Good Samaritan Laws
- Emergency Medical Services (EMS)
- Emergency Action Plans
- Poison Help Line
- Emergency Moves
- Primary Assessment
- Recovery Position
- Compression-only CPR
- Choking
- Secondary Assessment\*
- Control of Bleeding
- Tourniquets
- Hemostatic Dressings
- Using a Tourniquet\*
- Using a Hemostatic Dressing\*
- Internal Bleeding
- Shock
- Amputation\*
- Impaled Objects\*
- Open Chest Injury\*
- Open Abdominal Injury\*
- Spinal Injury
- Brain Injury
- Concussion
- Manual Spinal Motion Restriction
- Swollen, Painful, Deformed Limb
- Splinting\*
- Using a Malleable Splint\*
- Nosebleed
- Injured Tooth
- Thermal Burns
- Electrical Burns
- Chemical Burns
- Using a Gel-Soaked Burn Dressing\*
- Fainting
- Stroke
- Hypoglycemia
- Seizure
- Breathing Difficulty
- Asthma and Inhalers
- Severe Allergic Reaction
- Using an Epinephrine Auto-Injector\*
- Pain, Severe Pressure or Discomfort in Chest
- Severe Abdominal Pain\*
- Ingested Poisoning
- Inhaled Poisoning
- Bites and Stings\*
- Stinging Insects\*
- Snakebites\*
- Spider Bites\*
- Tick Bites\*
- Marine Animal Stings\*
- Animal and Human Bites\*
- Heat Exhaustion
- Heat Stroke
- Hypothermia
- Frostbite
- Emotional Considerations\*

*\*Supplemental topics*

Can be combined with ASHI CPR and AED to create a combined CPR, AED and Basic First Aid program

This program is not designed to meet pediatric first aid training regulatory requirements and should not be used to for that purpose. Please ask your ASHI Client Services representative about the ASHI Pediatric program.

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