



# ASHI 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 is consistent with recommendations of the 2010 National First Aid Science Advisory Board and OSHA's best practices for first aid training programs in the workplace.

## Intended audience

Individuals who require or desire elementary first aid knowledge and skills; including emergency response teams in business and industry, school bus drivers, adult residential care personnel, child care workers, teachers, parents, and babysitters.

## Class options

None (covers all ages)

## Recognized certification period

Up to 2 years

## Recommended time to complete

*Initial training:* 2–2.5 hours

*Renewal training:* Less than initial instructional time

## Course topics

- First Aid Provider—Legal Considerations
- Recognizing an Emergency
- Deciding to Help
- Personal Safety
- Disease Transmission
- Universal Precautions
- Emergency Medical Services (EMS)
- Primary Assessment
- Recovery Position
- Compression-only CPR
- Secondary Assessment
- Ongoing Assessment
- Control of Bleeding
- Internal Bleeding
- Managing Shock
- Amputation
- Impaled Object
- Open Chest Injury
- Open Abdominal Injury
- Head, Neck, or Back Injury
- Brain Injury
- Swollen, Painful, Deformed Limb
- Eye Injuries
- Nosebleed
- Injured Tooth
- Burns
- Emergency Moves
- Emotional Considerations
- Stroke
- Diabetic Emergencies
- Seizure
- Asthma
- Severe Allergic Reaction
- Pain, Severe Pressure, or Discomfort In Chest
- Severe Abdominal Pain
- Pregnancy Complications
- Poisoning
- Bites and Stings
- Heat Emergencies
- Cold Emergencies
- CPR and AED