

BASIC FIRST AID (CPR AND “ABDOMINAL THRUSTS”)

Performance Standard 22A.I

Students will be able to demonstrate the correct procedure for CPR and “Abdominal Thrusts” accordingly:

- *Knowledge:* Know how to correctly administer adult CPR and “Abdominal Thrusts” procedures.
- *Application:* Apply knowledge of adult CPR and “Abdominal Thrusts” procedures successfully.
- *Communication:* Communicate knowledge of adult CPR and “Abdominal Thrusts” procedures.

Procedures

1. *In order to explain the basic principles of health promotion, illness prevention and safety (22A)*, students should experience sufficient learning opportunities to develop the following:
 - Apply basic first aid procedures (CPR and “Abdominal Thrusts”).
2. Provide students with opportunities to discuss safety precautions/procedures (CPR and “Abdominal Thrusts”) that can be followed to reduce the risks of choking in various situations.
3. Give each student a situation to simulate which requires successful use of CPR procedures.
4. Give each student a situation requiring use of “Abdominal Thrusts” which requires successful demonstration of the steps to follow if a choking victim is standing and/or lying down.
Note: Students are to administer procedures without prompting.
5. Evaluate each student’s performance using the “Basic First Aid” Rubric as follows:
 - *Knowledge:* The dimension of knowledge was demonstrated in the performance.
 - *Application:* Applied knowledge of adult CPR and “Abdominal Thrusts” procedures correctly.
 - *Communication:* Communicated knowledge of adult CPR and “Abdominal Thrusts” procedures correctly.

Examples of Student Work

- [Meets](#)
- [Exceeds](#)

Time Requirements

- Two or three class periods

Resources

- Red Cross First Aid manual or other teaching resource
- CPR mannequin (can be borrowed from local hospital, rescue service or fire department)
- American Heart Association
- Local Hospital and Fire Station
- Basic First Aid Rubric

