

## Comparative Review—Standard First Aid, CPR, and AED texts

<p>Course</p>	<p>National Safety Council / McGraw-Hill: <i>Standard First Aid, CPR, and AED, Second Edition</i></p> <p>©National Safety Council 2007 ISBN-13-978-0-07-301935-2</p> <p><b><u>Ancillaries</u></b> Included with student manual: 49 page <u>First Aid Quick Guide</u>, CPR/AED/First Aid Skills DVD List price \$11.25 includes 2 course completion cards</p> <p><b><u>Instructor’s Material</u></b> Includes Instructor’s Manual, Student book with ancillaries, Instructor’s CD-ROM, Instructor’s CPR/AED/First Aid Skills DVD List price: \$125.00 <b>Optional</b> PowerPoint® slides List price \$24.95</p>	<p>American Red Cross: <i>First Aid / CPR/ AED for the Workplace</i></p> <p>©The American Red Cross 2006 ISBN-1-58480-341-X</p> <p><b><u>Ancillaries</u></b> 2 skills cards are required for course but not included with workbook. List price \$13.50/10 workbooks (course completion cards not included) First Aid Skills card \$6.99 CPR Skills card \$7.25 <b>Optional</b> Infant/child CPR Skills card \$7.25 Course cards available from local ARC Chapter</p> <p><b><u>Instructor’s Material</u></b> Includes Instructor’s Manual, Instructor’s CD-ROM List price \$23.99 First Aid/CPR/AED DVD <b>(Required)</b> List price \$174.99</p>	<p>American Heart Association: <i>Heartsaver First Aid with CPR &amp; AED</i></p> <p>©American Heart Association 2006 ISBN-0-87493-478-8</p> <p><b><u>Ancillaries</u></b> Included with student manual: 10-panel Heartsaver First Aid Skills Card, Adult CPR/AED reminder, Child &amp; Infant CPR/AED reminder, Heartsaver Student CD List price \$13.95 (course completion cards not included) Price list for cards: \$24 / 24 cards</p> <p><b><u>Instructor’s Material</u></b> Includes Instructor’s Manual, Instructor CD. List price \$45.00</p> <p>First Aid Video Set <b>(Required)</b> List price video \$100.00 List price DVD \$90.00</p>	<p>American Safety &amp; Health Institute: <i>CPR and AED for the Community and Workplace; Basic First Aid for the Community and Workplace</i></p> <p>© American Safety &amp; Health Institute 2006 ISBN—None</p> <p><b><u>Ancillaries</u></b> None—student manuals only List price CPR &amp; AED \$4.95 (includes course completion card) BFA \$4.95 (includes course completion card) Price list for additional cards: CPR/AED \$1.25 First Aid \$2.50</p> <p><b><u>Instructor’s Material</u></b> Includes Instructor’s Manual, Student book, VHS or DVD, Instructor’s CD-ROM List price CPR/AED \$85.50 - \$95.00 First Aid \$85.50 - \$95.00</p>	<p>AAOS / Jones and Bartlett: <i>First Aid, CPR, and AED Standard, Fifth Edition</i></p> <p>©Jones &amp; Bartlett Publishers, Inc. 2006 ISBN-13-978-0-7637-4225-6</p> <p><b><u>Ancillaries</u></b> None—student manual only List price \$10.95 includes course completion card List price for additional course completion cards \$10.00/ 9 cards</p> <p><b><u>Instructor’s Material</u></b> Includes Instructor’s Manual on CD, Student book, Instructor’s CD-ROM, First Aid DVD, CPR and AED DVD List price \$182.95 Educational Center Price \$131.40</p>
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**Comparative Review—Standard First Aid, CPR, and AED texts continued**

Initial Instruction Time (Average)	NSC	ARC	AHA	ASHI	AAOS
Student to Instructor Ratio (Maximum)	5 ½ – 8 hours CPR & AED, 10 : 1 - 12:1 First Aid, 20:1 See footnote	6 ½ hours CPR & First Aid, 6:1 - 10: 1 AED, 6 : 1 See footnote	6 ½ hours CPR, AED, First Aid, 6 : 1  See footnote	6 – 9 hours CPR & AED, 10 : 1 First Aid, 15 – 20:1	5 hours CPR AED. First Aid, 10:1
Student to Manikin/Training Device Ratio	1 : 1 or 2 : 1	1 : 1 or 2 : 1	1 : 1, 2 : 1, or 3 : 1	1 : 1, 2 : 1, or 3 : 1	NA
Testing Process	Can perform skills/ scenarios without assistance ≥ 80% on 50 question test	Can perform skills/ scenarios without assistance ≥ 80% on 10 question test	Can perform skills/ scenarios without assistance No graded test	Can perform skills/ scenarios without assistance ≥ 70% on each of two tests (CPR test, 16 questions; First Aid test, 20 questions)	Can perform skills/ scenarios without assistance ≥ 80% on at least two 20-question tests (another 20-question AED test is optional)
Certification Period	CPR & AED, up to 2 years First Aid, up to 3 years	CPR & AED, 1 year First Aid, 3 years	All Heartsaver courses, 2 years	CPR & AED, up to 2 years First Aid, up to 3 years	CPR & AED, 2 years First Aid, 3 years

**Note:** For larger classes, allow more time or have co-instructors help.

**1. Which is the BEST BUY?**

Regardless of the training program’s superior qualities and advantages over another, which program to use sometimes comes down to: (1) Which is the least expensive? and (2) From which can the instructor and/or group make the most money?

**Instructor Materials Costs and Contents**

<b>NSC</b>	<b>ARC</b>	<b>AHA</b>	<b>ASHI</b>	<b>AAOS</b>
<ul style="list-style-type: none"> <li>• Instructor’s Manual (print version)</li> <li>• Student book with student DVD and <u>First Aid Quick Guide</u></li> <li>• Instructor’s CD-ROM (contains electronic IM)</li> <li>• Instructor’s CPR/AED/First Aid Skills DVD</li> </ul> <p>List price: \$125.00</p>	<ul style="list-style-type: none"> <li>• Instructor’s Manual (print version)</li> <li>• Instructor’s CD-ROM</li> <li>• First Aid/CPR/AED DVD (<b>Required</b>)</li> </ul> <p>List price \$23.99 List price \$174.99</p>	<ul style="list-style-type: none"> <li>• Instructor’s Manual (print version)</li> <li>• Instructor CD</li> </ul> <p>List price \$45.00</p> <p>First Aid Video Set (<b>Required</b>) List price video \$100.00 List price DVD \$90.00</p>	<p>Courses sold separately. Each contains:</p> <ul style="list-style-type: none"> <li>• Instructor’s Manual (print version)</li> <li>• Student book</li> <li>• VHS or DVD</li> <li>• 2 Instructor’s CD-ROM</li> </ul> <p>List price CPR/AED \$85.50 - \$95.00 First Aid \$85.50 - \$95.00</p>	<ul style="list-style-type: none"> <li>• Instructor’s Manual only on CD-ROM</li> <li>• Student book</li> <li>• Instructor’s CD-ROM</li> <li>• First Aid DVD</li> <li>• CPR and AED DVD</li> </ul> <p>List price \$182.95 Educational Center Price \$131.40</p>
<b>Total Cost: \$125.00</b>	<b>Total Cost: \$198.98</b>	<b>Total Cost: \$135.00 - \$145.00</b>	<b>Total Cost: \$171.00 - \$190.00</b>	<b>Total Cost: \$131.40 - \$182.95</b>

**2. Which has superior student and instructor manuals and teaching materials?**

<b>Criteria</b>	<b>NSC</b>	<b>ARC</b>	<b>AHA</b>	<b>ASHI</b>	<b>AAOS</b>
Student material covering First Aid, CPR, and AED content	56 page workbook (WB) and 41 page <u>First Aid Quick Guide</u> (QG) Full-length DVD of CPR/AED and First Aid skills	93 page workbook and two 8-page Skills Cards (SC)	130 page student workbook (WB), 10 page First Aid Reference Guide and 2 CPR/AED reminders. CD of reference materials and selected clips of CPR/AED and First Aid skills	96 pages in 2 manuals: Basic First Aid (BFA) = 52 pages CPR & AED = 44 pages	151 page workbook (WB)
Color photos/illustrations	56 full color photos/illustrations in WB 36 full color photos in QG	149 full color photos/illustrations in WB 55 full color photos in SC WB photos are very small	71 full color illustrations in WB 0 photos 9 full color illustrations in First Aid Ref. Guide 20 full color illustrations in CPR/AED reminders	49 full color and 11 black & white photos/illustrations in BFA 58 full color photos/illustrations in CPR & AED All photos dark and of poor quality	194 full color photos/illustrations in WB
Activities for discussion and/or review	15 Video Reviews and 2 Additional exercises with answers in the Instructor's Manual (IM)	5 review questions with answers in IM	7 test/review questions with answers on instructor's CD	None	16 Chapter Reviews with answers in the WB

<b>Criteria</b>	<b>NSC</b>	<b>ARC</b>	<b>AHA</b>	<b>ASHI</b>	<b>AAOS</b>
Real-life injury photos (OSHA guideline)	6 real injury photos in full color	13 real injury photos in full color	None	3 real injury photos	29 real injury photos in full color
Graphic skill guides	8 full color “Learn the Skill” pages provide photos and directions in First Aid, CPR, choking management and AED skills. These pair with checklists for student skill testing.	6 full color “Skill Sheets” provide photos and directions for hand washing, glove removal, and splinting skills.	None	7 full color skill guides in BFA 7 full color skill guides in CPR & AED	13 full color “Skill Drills” provide photos and directions in First Aid, CPR, choking management and AED skills
Case studies	12 scenarios printed in WB with answers in IM	9 CPR/AED scenarios in IM with answers in IM; 5 First Aid scenarios on Instructor’s CD	22 scenarios in WB with answers in WB only	6 CPR/AED and 14 BFA scenarios in IM with answers in IM	29 scenarios printed in IM with <u>no answers</u> in IM
Accuracy of procedures	Procedures meet 2005 Guidelines for CPR and ECC as well as OSHA, MSHA and all other guidelines	Deviates markedly from CPR and ECC 2005 guidelines Does not meet OSHA guidelines as some content (asthma inhaler, epinephrine) is optional	Procedures meet 2005 Guidelines for CPR and ECC	Deviates slightly from 2005 Guidelines for CPR and ECC (incorrect terminology in DVD <back blows vs. back slaps>) Advocates hand sanitizers over soap & water Does not meet OSHA guidelines- Splinting optional	Deviates somewhat from CPR and ECC 2005 guidelines (incorrect terminology <back blows vs. back slaps>, bleeding control uses elevation and pressure points)

<b>Criteria</b>	<b>NSC</b>	<b>ARC</b>	<b>AHA</b>	<b>ASHI</b>	<b>AAOS</b>
Quality of student materials	Superior to all other first aid manuals in content, appearance, design, etc. Low reading level throughout	Book photos are small so the book is copy-dense. Skills cards' design and artwork are excellent quality. Low reading level	Good quality line art. Most content contained in table format. Low reading level	Most content is presented in table format and is extremely copy-dense. Higher reading level	Photos and illustrations are very good quality; layout easy to follow but dense copy increases reading level.
Performance checklists	11 Performance checklists in WB provide standardized criteria for skill testing	None	3 Student Performance Sheets for CPR/AED	2 Performance checklists for CPR & AED and 4 for BFA on instructor CD-ROM	None. CD has a course progress log but no criteria for skills performance
Chapter summaries	16 chapter summaries in WB provide a quick recap of content and assist with content retention	None	None	None	11 chapter summaries in WB provide a quick recap of content and assist with content retention
Comparison of 2000 and 2005 guidelines	2-page table in IM provides comparison	No comparison; listing of 2005 guidelines on CD	None	None	None

<b>Criteria</b>	<b>NSC</b>	<b>ARC</b>	<b>AHA</b>	<b>ASHI</b>	<b>AAOS</b>
Usefulness after course	4" x 6" QG contains 41 illustrated pages of first aid, CPR and AED steps in alphabetical order and is a handy, post-course reference. DVD in WB allows students to view skills for post-course review and retention	Two 7" x 11" Skills Cards summarize select first aid steps and all CPR and AED steps. Large card size makes them difficult to store and access for post-course reference. No student DVD	10 page first aid card (4" x 6 1/2"), two 3" x 3 3/4" CPR/AED reminder cards and CD are provided for post-course reference. DVD in WB allows students to view skills for post-course review and retention	1 page in CPR & AED WB summarizes CPR and AED steps. No quick reference guide or summary of first aid steps. No student DVD	1 page in WB summarizes CPR, AED and airway obstruction steps. No student DVD
Films	CPR/AED film and First Aid film, on one DVD, offers superior visual/sound quality; excellent graphics; closed captioning throughout. CPR/AED film in "watch-while-you-practice" format. First Aid film done in "watch then practice" format. DVD is winner of 2007 bronze Summit award and 2006 Intercom award.	CPR/AED and First Aid film, on one DVD, offers very good visual/sound quality and good quality graphics. No closed captioning. CPR/AED film in "watch-while-you-practice" format. First Aid film provides real-world situations without step-by-step instructions for care.	CPR/AED film and First Aid film, on two DVDs, offer good visual/sound quality and excellent quality animation. No closed captioning. CPR/AED film in "watch-while-you-practice" format. First Aid film in "watch then practice."	CPR/AED film and First Aid film provided on two DVDs. Both the CPR/AED film and the BFA film are in "watch then practice" format. They offer good visual/sound quality and good graphics. No closed captioning.	CPR/AED film and First Aid film provided on two DVDs. Most action scenes are taken from the 2000 edition of AAOS' films. No closed captioning. CPR/AED film done in traditional, "watch then practice" format.

<b>Criteria</b>	<b>NSC</b>	<b>ARC</b>	<b>AHA</b>	<b>ASHI</b>	<b>AAOS</b>
Instructor's CD-ROM	CD-ROM contains IM (includes teaching points, answers to student activities, tests, answer keys, course administration guide, summary of guideline changes)	CD contains additional scenarios, course forms, annotated version of written exams, emergency preparedness information, an IM for optional bloodborne pathogens training	CD contains practice/testing situations and resources, review question answer key, course evaluation and roster, FAQs, duplicate forms contained in student text	CD contains tests, answer keys, performance checklists, scenarios	CD contains IM, PowerPoint presentations, an image bank, tests, answer keys and answer sheets, course forms
Printed tests	Two versions of final exams with answer keys for various course combinations in IM and on CD-ROM Answer sheet in WB	Two versions of final exams with answer keys for various course combinations in IM, CD-ROM, and SW. Answer sheet in WB	There is no final exam. Short review questions are included in each of the 4 first aid sections of the text. Answer sheet in WB Answer key on CD-ROM	One version of each final exam with answer keys for various course combinations on CD-ROM Answer sheet on CD-ROM	Two versions of final exams with answer keys for various course combinations in Instructor's CD-Rom Tool Kit. Answer sheet in CD-ROM Tool Kit
PowerPoint presentation	Optional PowerPoint presentations of each Chapter present key content points, excellent photography and graphics	None	None	PowerPoint® presentation can be used in place of the DVD. Most slides contain no graphics	PowerPoint® presentations of each chapter on CD-ROM present key content points. Most slides contain no graphics

<b>Criteria</b>	<b>NSC</b>	<b>ARC</b>	<b>AHA</b>	<b>ASHI</b>	<b>AAOS</b>
Instructor's Manual	136-page print IM. The IM also is contained on CD- ROM	304-page print IM	479-page print IM	96-page print IM for CPR & AED; 79 page print IM for Basic First Aid	88-page IM available only on CD-ROM

### How can those with reading difficulties be helped?

NSC	ARC	AHA	ASHI	AAOS
Written at 8 <sup>th</sup> grade reading level. Bullet points and numbered steps keep directions simple and concise. Instruction is driven by DVD and is reinforced by WB and QG	Written at app. 9 <sup>th</sup> grade reading level. Bullet points and numbered steps keep directions simple and concise. Instruction is driven by DVD and is reinforced by WB	Written at app. 9 <sup>th</sup> grade reading level. Bullet points keep information simple and concise. Tables are copy-dense and difficult to read. Instruction is driven by DVD and is reinforced by WB	Written at app. 10 <sup>th</sup> grade reading level. Long sentences and lots of straight copy make content difficult to read and remember. Instruction is lecture-driven and augmented with DVD	Written at app. 9 <sup>th</sup> grade reading level. Several full- and half-page charts contain lengthy copy with no illustrations. Instruction is lecture-driven and augmented with DVD
The large number of photos, illustrations and step-by-step “Perform the Skill” sections show concepts and procedures	Skill Sheets picture some—not all—of the important first aid skills	Sparse illustrations and lack of photos. Instructions are mostly in writing	Skill Guides picture some—not all—of the important steps but instructions are mostly in writing	The large number of photos, illustrations and step-by-step “Skill Drill” sections show concepts and procedures
15 Video Reviews and 2 additional exercises placed throughout the WB immediately reinforce content	5 review questions on the topic of sudden illness immediately reinforce that specific content.	Short review questions included in each of the 4 first aid sections of the text superficially reinforce content	No exercises	16 Check Your Knowledge exercises placed throughout the WB immediately reinforce content
12 scenarios help students discuss and apply knowledge of course content	14 scenarios help students discuss and apply knowledge of course content	20 first aid scenarios with answers in student text help students apply knowledge of content	5 case scenarios on CPR & AED CD-ROM for <b>refresher training</b> only	16 scenarios help students discuss and apply knowledge of course content
Optional PowerPoint® slide presentations help all students, regardless of reading ability, to learn skills	No PowerPoint® presentations	No PowerPoint® presentations	PowerPoint® slides are mostly text, so they do not help students with low reading ability to learn skills	PowerPoint® slides are mostly text, so they do not help students with low reading ability to learn skills

**Is there value in having students take their manuals home?**

First aid learning does not stop in the classroom. Having a good reference guide to take home helps participants review what was learned in class. All National Safety Council participants can take their workbook and Quick Guide home for their family’s use at a later date. The First Aid Quick Guide fits easily into a first aid kit or home medicine cabinet and provides steps to take when someone needs first aid, CPR or an AED.

**3. What aids are provided to keep instructor’s up-to-date?**

<b>NSC</b>	<b>ARC</b>	<b>AHA</b>	<b>ASHI</b>	<b>AAOS</b>
Secure, online Emergency Care Instructor Portal—online resource containing EMS news, a chat room, downloadable content updates, <u>Every Second Counts</u> quarterly newsletter for instructors, a student roster portal, a First Responder-specific site and more	Secure, online Instructor site contains a chat room, a newsletter, instructor tools and a shopping cart	Secure, online Instructor site contains course and training updates, marketing materials, links to various EMS associations and <u>Currents</u> quarterly newsletter	Secure, online Instructor site contains marketing materials, <u>ASHI Advantage</u> quarterly newsletter, and a chat room	Secure, online Instructor site contains instructor tools and a shopping cart
National Safety Congress—annual conference with 20,000+ attendees—covers all aspects of injury prevention, including emergency care sessions	No annual conference	Scientific Sessions cover research in CPR and Emergency Cardiovascular Care; Sponsors ECCU annual conference for all levels of EMS	No annual conference	No annual conference

**4. Do these organizations meet the CPR and Emergency Cardiac Care 2005 guidelines and the 2005 First Aid guidelines as they claim?**

<b>Subject</b>	<b>2005 Guidelines</b>	<b>NSC</b>	<b>ARC</b>	<b>AHA</b>	<b>ASHI</b>	<b>AAOS</b>
Age of child victim for <u>lay rescuer training</u>	1 - 8	Follows guideline	1 – 12 except for AED where it is 1 – 8	Follows guideline	Follows guideline	Follows guideline
Breathing check	Check for <i>normal</i> breathing in adults; check for <i>presence</i> of breathing in children and infants	Follows guideline	Check for <u>movement</u> and breathing	Follows guideline	Follows guideline	Follows guidelines
Circulation check	<u>Do not</u> check for signs of circulation. After delivery of 2 rescue breaths, immediately begin chest compressions (and cycles of compressions and rescue breaths)	Follows guideline	Check for signs of life, <u>including a pulse check</u> for a child or an infant	Follows guideline	Follows guideline	Follows guidelines
Recovery position	Use modified HAINES recovery position for all victims	Follows guideline	Teaches both lateral and the HAINES recovery positions	Teaches lateral recovery position only	Teaches both lateral and HAINES recovery positions.	Teaches lateral recovery position only

<b>Subject</b>	<b>2005 Guidelines</b>	<b>NSC</b>	<b>ARC</b>	<b>AHA</b>	<b>ASHI</b>	<b>AAOS</b>
Conscious choking: adult and child	Abdominal thrusts only	Follows guideline	<b>Deviates from guideline:</b> Teaches <u>back blows</u> and abdominal thrusts	Follows guideline	Follows guideline	Follows guideline
Compression depth for children and infants	1/3 to 1/2 the depth of the chest	Follows guideline	<b>Deviates from guideline:</b> 1 – 1 1/2 inches in child; 1/2 - 1 inch infant	Follows guideline	Follows guideline	Follows guideline
Care for major open wound	Direct pressure; pressure bandage	Follows guideline	<b>Deviates from guideline:</b> Direct pressure and elevation	Follows guideline	Follows guideline	<b>Deviates from guideline:</b> Direct pressure, elevation, pressure points
Care for hypothermia	Move victim to warm environment; remove wet clothing; wrap all exposed body surfaces (called passive re-warming)	Follows guideline	<b>Deviates from guideline:</b> Passive re-warming plus use of hot water bottles and chemical hot packs that are wrapped in a towel or blanket	Follows guideline	<b>Deviates from guideline:</b> Passive re-warming plus place victim near a heat source and place containers of warm water in contact with the skin	Follows guidelines

**5. Do these organizations meet the OSHA Guidelines for First Aid Programs CPL 2-2.53 released on January 7, 1991 and revised on February 9, 2000?**

**A. Teaching Method**

<b>OSHA (see website)</b>	<b>NSC</b>	<b>ARC</b>	<b>AHA</b>	<b>ASHI</b>	<b>AAOS</b>
“Hands-on” skills/manikin use/partners	Yes	Yes	Yes	Yes	Yes
Exposed to acute injury and illness—use of video tape and slides	Yes	Yes	Yes	Yes	Yes
Workbook	Yes	Yes	Yes	Yes	Yes

**B. Responding to a Health Emergency**

<b>OSHA</b>	<b>NSC</b>	<b>ARC</b>	<b>AHA</b>	<b>ASHI</b>	<b>AAOS</b>
Injury and acute illness as a health problem	Video	Video	Not covered	Not covered	Pages 3, 4
Interacting with local EMS system. List of emergency phone numbers	Video Pages 1, 5, 6 QG front cover	Video Pages 5, 6 CPR/AED Skills Card	Video Pages 11 – 13 (QRG)	Page 5	Video Pages 9, 10, 21
Triage	Pages 55, 57	Pages 13, 14, 15	Not included	Page 16	Page 137
Legal aspects of providing first aid	Video Page 6	Page 2	Video Page 4	Page 6	Pages 5, 6

### C. Surveying scene and victim(s)

<b>OSHA</b>	<b>NSC</b>	<b>ARC</b>	<b>AHA</b>	<b>ASHI</b>	<b>AAOS</b>
Scene assessment	Video Page 8	Video Page 4	Video Pages 5, 6	Video Page 10	Video Pages 8, 9
Primary survey: ABCs and bleeding	Video Pages 9, 10	Video Page 4	Video Pages 15, 16	Video Pages 10 - 12	Video Pages 13 - 15
Taking a victim's history	Video Page 11	Video Page 12	Not included	Video Page 13	Video Page 20
Secondary survey: vital signs, skin appearance, head & neck, eye, chest, abdomen, back, extremities and medical alert symbols	Video Page 11	Video Page 12	Medical jewelry only, Page 16	Video Page 13	Video Pages 14, 16 - 20

### D. Basic Adult CPR

<b>OSHA</b>	<b>NSC</b>	<b>ARC</b>	<b>AHA</b>	<b>ASHI</b>	<b>AAOS</b>
Basic adult CPR; airway, rescue breathing, CPR, choking assessments and interventions, drowning	Video (“Watch While You Practice)  Pages 1 – 4; 14 – 16 Quick Guide (QG) pages 1 - 7	Video (“Watch While You Practice)  Adult CPR/AED Skill Card	Video (“Watch While You Practice)  Pages 91 – 97, 102 – 108 QRG Reminder card	Video demonstration followed by student practice footage  Pages 15 - 20	Video provides demonstration only  Pages 23 – 28, 31 - 33

### E. Basic First Aid Instruction

OSHA	NSC	ARC	AHA	ASHI	AAOS
Bandaging; head chest, shoulder, arm, leg, wrist, elbow, foot/ankle, fingers, toes & knee	Pages 22 – 26 QG pages 22, 23, 26, 30, 31, 35	Video (arm only)	<b>Optional Content</b> Video (arm only)	Pages 19, 20	Video
Splinting: arm, elbow, clavicle, fingers/hand, forearm, ribs, hip, femur, lower leg, ankle/foot, knee, toes	Video Pages 38 – 41; QG pages 13 – 17	Video Pages 41 – 46; First Aid Skills Card	<b>Optional Content</b> Video	Pages 30 - 32	Pages 91 – 94, 96 – 98
Moving and rescuing: 1- and 2-person lifts, ankle & shoulder pulls, blanket pull	Pages 55 - 57	Video	Not covered	General lifting principles, page 10	Video Pages 138 - 141

### F. Universal Precautions

OSHA	NSC	ARC	AHA	ASHI	AAOS
	Video Pages 20, 21	Page 3	Video Pages 7, 8	Video Pages 8, 9	Video Pages 10, 11

### G. First Aid Supplies

OSHA	NSC	ARC	AHA	ASHI	AAOS
	Page 8	Page 53	Page 18, 19	Not included	Page 4

## Specific Program Elements

### A. Type of Injury Training

OSHA (see website)	NSC	ARC	AHA	ASHI	AAOS
1. Shock: <ul style="list-style-type: none"> <li>a. Due to injury</li> <li>b. Due to allergic reactions</li> <li>c. Fainting</li> </ul>	a. Video Pages 27 – 29  b. QG Page 10  c. QG Page 24	a. Video Page 16  b. <b>Optional content</b> Video pages 71 – 74 c. Page 47	a. Video Pages 41 – 43 QRG b. Video Page 41  c. Video Pages 34, 35	a. Video Pages 17, 18  b. Video Pages 40, 41  c. Not included	a. Video Pages 55, 56  b. Video Pages 56 – 58  c. Pages 104, 105
2. Bleeding: <ul style="list-style-type: none"> <li>a. Types of bleeding: arterial, venous, capillary</li> <li>b. Control: direct pressure, pressure points, elevation and pressure bandaging</li> </ul> Note: <i>Current guidelines call for direct pressure only.</i> <ul style="list-style-type: none"> <li>c. Wounds: abrasions, lacerations, punctures, avulsions, amputations and crushing</li> <li>d. Infection precautions, wounds requiring medical attention, tetanus</li> </ul>	a. Not included  b. Video Pages 22, 23  c. Video Pages 22 – 26 QG page 41  d. Video Page 22	a. Not included  b. <b>Deviates from current guidelines</b> Video Page 32 First Aid Skill Card c. Page 32  d. Page 36	a. Not included  b. Video Pages 47 – 49 QRG  c. Video Pages 50, 53,54  d. Pages 48, 50	a. Not included  b. Video Pages 17, 18  c. Pages 19, 20  d. Video Page 21	a. Page 45  b. <b>Deviates from current guidelines</b> Video Pages 46 – 49  c. Video Pages 50 - 52  d. Page 50

<b>OSHA (see website)</b>	<b>NSC</b>	<b>ARC</b>	<b>AHA</b>	<b>ASHI</b>	<b>AAOS</b>
<p>3. Poisoning:</p> <ul style="list-style-type: none"> <li>a. Alkali, acid and systemic poisons, Poison Control Center</li> <li>b. Inhaled poisons (CO)</li> <li>c. Topical poisons: poison ivy, sumac, oak</li> <li>d. Drug abuse (alcohol, narcotics)</li> </ul>	<ul style="list-style-type: none"> <li>a. Video Page 47 QG Pages 33, 34</li> <li>b. Page 33</li> <li>c. Pages 47, 48, 50</li> <li>d. QG Pages 9, 22</li> </ul>	<ul style="list-style-type: none"> <li>a. First Aid Skills Card</li> <li>b. Not included</li> <li>c. Page 50</li> <li>d. Page 64</li> </ul>	<ul style="list-style-type: none"> <li>a. <b>Optional content</b> Pages 83, 84, 87</li> <li>b. Text lists as a type of poison-<b>no first aid information given</b></li> <li>c. Same as above</li> <li>d. Same as above</li> </ul>	<ul style="list-style-type: none"> <li>a. Page 44</li> <li>b. Page 44</li> <li>c. Page 44</li> <li>d. Seizure only, Page 43</li> </ul>	<ul style="list-style-type: none"> <li>a. Video Pages 111 – 113</li> <li>b. Page 114</li> <li>c. Pages 114 – 115</li> <li>d. Page 113</li> </ul>
<p>4. Burns:</p> <ul style="list-style-type: none"> <li>a. Assessing severity</li> <li>b. Third degree burns (electrical, chemical)</li> </ul>	<ul style="list-style-type: none"> <li>a. Video Pages 30, 31; QG Pages 18, 19</li> <li>b. Pages 31 - 33; QG pages 19, 22</li> </ul>	<ul style="list-style-type: none"> <li>a. Video Page 34</li> <li>b. Pages 34, 35</li> </ul>	<ul style="list-style-type: none"> <li>a. Not included</li> <li>b. Video Pages 65, 66, 84, 85 QRG</li> </ul>	<ul style="list-style-type: none"> <li>a. Page 22</li> <li>b. Page 22</li> </ul>	<ul style="list-style-type: none"> <li>a. Video Page 62</li> <li>b. Video Pages 64 - 67</li> </ul>
<p>5. Temperature Extremes:</p> <ul style="list-style-type: none"> <li>a. Cold exposure (frostbite, hypothermia)</li> <li>b. Heat exposure (heat exhaustion, heat stroke, heat cramps)</li> </ul>	<ul style="list-style-type: none"> <li>a. Video Pages 51 – 53 QG Pages 24, 25, 29, 30</li> <li>b. Pages 53, 54 QG Pages 28, 29</li> </ul>	<ul style="list-style-type: none"> <li>a. Video Page 51, 52</li> <li>b. Video Page 51</li> </ul>	<ul style="list-style-type: none"> <li>a. <b>Optional content</b> Video; P. 79 – 82</li> <li>b. <b>Optional content</b> Video Pages 77 - 79</li> </ul>	<ul style="list-style-type: none"> <li>a. Pages 47 – 49</li> <li>b. Pages 46, 47</li> </ul>	<ul style="list-style-type: none"> <li>a. Video Pages 130 - 132</li> <li>b. Video Pages 129, 130</li> </ul>

<b>OSHA (see website)</b>	<b>NSC</b>	<b>ARC</b>	<b>AHA</b>	<b>ASHI</b>	<b>AAOS</b>
<p>6. Musculoskeletal Injuries:</p> <ul style="list-style-type: none"> <li>a. Open and closed fractures and splinting</li> <li>b. Dislocations</li> <li>c. Joint sprains</li> <li>d. Muscle strains, contusions and cramps</li> <li>e. Head, neck, back &amp; spinal injuries</li> </ul>	<ul style="list-style-type: none"> <li>a. Video Pages 38 – 41 QG Pages 15 – 18</li> <li>b. Video Pages 38 – 41 QG Pages 15 – 18</li> <li>c. QG Page 31</li> <li>d. Video Pages 34, 35 QG Pages 25, 38</li> <li>e. Pages 34, 35</li> </ul>	<ul style="list-style-type: none"> <li>a. Video Pages 39, 40, 43 – 46 First Aid Skills Card</li> <li>b. Page 39</li> <li>c. Page 39</li> <li>d. Pages 41, 42</li> <li>e. First Aid Skill Card</li> </ul>	<ul style="list-style-type: none"> <li>a. . <b>Splinting is optional content</b> Video Pages 60 – 62</li> <li>b. Not covered</li> <li>c. Video Page 61</li> <li>d. Page 60</li> <li>e. Pages 57 - 59</li> </ul>	<ul style="list-style-type: none"> <li>a. Video Pages 30 – 32</li> <li>b. Page 30</li> <li>c. Page 30</li> <li>d. Page 30</li> <li>e. Video Pages 33 - 35</li> </ul>	<ul style="list-style-type: none"> <li>a. Video Pages 89 – 93</li> <li>b. Pages 93, 100</li> <li>c. Pages 93, 100</li> <li>d. Video Pages 97, 99, 100</li> <li>e. Pages 70 – 72, 79 - 81</li> </ul>
<p>7. Bites and Stings:</p> <ul style="list-style-type: none"> <li>a. Human and animal (esp. dog and snake bites)</li> <li>b. From spiders, ticks, scorpions, hornets and wasps</li> </ul>	<ul style="list-style-type: none"> <li>a. Page 41, 49, 50 QG Page 11, 37</li> <li>b. Pages 47, 50 QG Pages 12, 35, 38, 40</li> </ul>	<ul style="list-style-type: none"> <li>a. Pages 38, 50</li> <li>b. Page 49</li> </ul>	<ul style="list-style-type: none"> <li>a. Pages 69, 70</li> <li>b. <b>Optional content</b> Video Pages 72, 73, 75, 76</li> </ul>	<ul style="list-style-type: none"> <li>a. Pages 23, 24, 26</li> <li>b. Pages 24, 25</li> </ul>	<ul style="list-style-type: none"> <li>a. Video Pages 118, 119, 121</li> <li>b. Video Pages 122 - 124</li> </ul>

<b>OSHA (see website)</b>	<b>NSC</b>	<b>ARC</b>	<b>AHA</b>	<b>ASHI</b>	<b>AAOS</b>
8. Medical Emergencies a. Heart attack b. Stroke c. Asthma attacks d. Diabetic emergencies e. Seizures f. Pregnancy	a. Video Pages 17 – 19 QG Page 37  b. Video Pages 42, 43 QG Pages 39, 40  c. Video Page 44 QG Pages 11, 12  d. Video Page 45 QG Page 21  e. Video Pages 42, 44 QG Page 36  f. QG Pages 34, 35	a. Page 24  b. Video First Aid Skills Card  <b>c. Optional content</b> Video Pages 68 – 70  d. Video Page 47  e. Video Page 48  f. Page 67	a. Video Pages 32 – 34 QRG  b. Video Pages 38, 39 QRG  c. Video Pages 23, 24  d. Video Pages 35 - 37 QRG  e. Video Pages 39 - 41 QRG  f. Not included	a. Page 38  b. Page 43  c. Video Pages 39, 40  d. Page 42  e. Pages 42, 43  f. Page 45	a. Video 102, 103  b. Video Page 103, 104  c. Page 104  d. Pages 105, 106  e. Page 105  f. Page 107

## B. Site of Injury Training

OSHA	NSC	ARC	AHA	ASHI	AAOS
1. Head & Neck a. Skull fractures, concussions and mental status assessments b. Neck injury or fracture	a. QG Pages 20, 37 b. Pages 34, 35 QG page 32	a. Pages 41, 42 b. First Aid Skills Card	a. Video Pages 57, 58 b. Video Pages 58, 59	a. Page 35 b. Pages 33, 34	a. Video Pages 71 - 73 b. Video Page 79
2. Eye a. Foreign bodies, abrasions and lacerations b. Chemical burns (flushing)	a. QG Pages 23, 24 b. Page 32 QG Page 24	a. Page 36 b. Page 37	a. Video b. Video Pages 84, 86	a. Page 28 b. Page 28	a. Page 74 b. Video Page 75
3. Nose a. Nose injuries, broken and removed teeth	a. Page 25 QG Pages 32, 40	a. Pages 37, 38	a. Video Pages 51, 54 QRG	a. Page 29	a. Pages 76, 77
4. Mouth & Teeth a. Oral injuries, lip and tongue injuries, broken and removed teeth	a. Page 25 QG Pages 32, 40	a. Page 38	a. Video Page 52	a. 27	a. Pages 77, 78
5. Chest a. Rib fractures, flail chest, and penetrating wounds	a. Pages 34, 36 QG Pages 17, 30	a. Page 41	QRG for penetrating wounds only	a. Pages 19 for penetrating wounds only	a. Video Pages 84, 87
6. Abdomen a. Blunt injuries, penetrating injuries and protruding organs	a. Page 36 QG Page 8	a. Page 37	a. QRG for penetrating wounds only	a. Pages 19, 20	a. Video Pages 85 - 87

<b>OSHA (see website)</b>	<b>NSC</b>	<b>ARC</b>	<b>AHA</b>	<b>ASHI</b>	<b>AAOS</b>
7. Hand, Finger & Foot Injuries a. Finger-toe nail hematoma, lacerations, splinters, finger avulsion, ring removal & foreign bodies b. Amputation care	a. QG Page 41, General wound care  b. QG Page	a. Page 40  b. Page 37	a. Not covered  b. Video Pages 53, 54	a. Page 20, General wound care  b. Page 19	a. Page 50, General wound care  b. Video Page 51

## 6. Checklist for Choosing the Best Program

Questions	NSC	ARC	AHA	ASHI	AAOS
1. Which is the Best Buy? (For details, see question #1)	<b>X</b>				
2. Which has superior student materials? (For details, see question #2)	<b>X</b>				
3. Which has instructor aids such as state and national conferences and publications? (For details, see question #3)	<b>X</b>		<b>X</b>		
4. Which program meets <u>2005 Guidelines for CPR and Emergency Cardiovascular Care?</u> (For details, see question #4)	<b>X</b>		<b>X</b>		
5. Which program meets the OSHA Guidelines for First Aid programs? (For details, see question #5)	<b>X</b>				<b>X</b>