

# CPR

MMA utilizes the American Red Cross method of CPR and first aid. Students learn how to recognize and approach an emergency situation, assess the situation, get help, and treat the conditions found at the scene.

## *Week 1: Before Giving Care*

---

- Disease transmission and prevention
- Taking Action: Emergency Action Steps
- Checking an unconscious person
- Incident stress

## *Week 2: Cardiac Emergencies, CPR and AED*

---

- Background: when the heart suddenly fails
- Heart Attack and Cardiac Arrest
- How to perform Cardiopulmonary Resuscitation
- How and when to use an AED, including precautions

## *Week 3: Breathing Emergencies*

---

- Respiratory Distress and Respiratory Arrest
- Choking
- How to assist a conscious choking adult
- How to assist an unconscious choking adult

## *Week 4: First Aid*

---

- Sudden illness, including heat and cold related emergencies, and lightning injuries
- Bites, stings, and poisonous plants
- Wounds and Burns
- Injuries to muscle, joints and bones
- Asthma
- Anaphylaxis and epinephrine auto- injectors
- Special situations