



# Standard First Aid with CPR C (OFA 1) Evaluation Checklists

Combined with:

**Instructor:**

**Course:**

**Course Date:**

**Course Location:**

CORE ITEMS	1.	2.	3.	4.	5.	6.	7.	8.	9.
1. Principles of first aid									
2. Legalities of first aid									
3. Self-protection									
4. Communication									
5. Anatomy & physiology of ABC priorities									
6. AED knowledge									
7. AED protocol									
8. Victim assessment: conscious									
9. Victim assessment: unresponsive									
10. Assists & land carries									
CPR ITEMS									
11. One-rescuer CPR: adult									
12. Obstructed airway: conscious adult									
13. Obstructed airway: unresponsive adult									
14. One-rescuer CPR: child									
15. Obstructed airway: conscious child									
16. Obstructed airway: unresponsive child									
17. One-rescuer CPR: infant									
18. Obstructed airway: conscious infant									
19. Obstructed airway: unresponsive infant									
20. Two-rescuer CPR: adult, child & infant									

Notes:



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FIRST AID ITEMS	1.	2.	3.	4.	5.	6.	7.	8.	9.
21. Respiratory emergencies									
22a. Circulatory emergencies: shock									
22b. Circulatory emergencies: major bleeding									
22c. Circulatory emergencies: chest pain									
22d. Circulatory emergencies: stroke									
23a. Medical emergencies: seizures									
23b. Medical emergencies: diabetic									
24. Mental health emergencies									
25a. Injury management: wounds									
25b. Injury management: burns									
25c. Injury management: facial injuries									
25d. Injury management: chest									
25e. Injury management: abdomen									
26a. Skeletal injuries: head & spine									
26b. Skeletal Injuries: bone & joint									
27a. Environmental emergency: heat & cold injuries									
27b. Environmental emergency: poisoning									
27c. Environmental emergency: pressure-related injury									

Notes:



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CORE ITEMS	10.	11.	12.	13.	14.	15.	16.	17.	18.
1. Principles of first aid									
2. Legalities of first aid									
3. Self-protection									
4. Communication									
5. Anatomy & physiology of ABC priorities									
6. AED knowledge									
7. AED protocol									
8. Victim assessment: conscious									
9. Victim assessment: unresponsive									
10. Assists & land carries									
CPR ITEMS									
11. One-rescuer CPR: adult									
12. Obstructed airway: conscious adult									
13. Obstructed airway: unresponsive adult									
14. One-rescuer CPR: child									
15. Obstructed airway: conscious child									
16. Obstructed airway: unresponsive child									
17. One-rescuer CPR: infant									
18. Obstructed airway: conscious infant									
19. Obstructed airway: unresponsive infant									
20. Two-rescuer CPR: adult, child & infant									

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26a. Skeletal injuries: head & spine									
26b. Skeletal Injuries: bone & joint									
27a. Environmental emergency: heat & cold injuries									
27b. Environmental emergency: poisoning									
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Notes: