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## Emergency Medical Response

### Purpose

To provide participants the knowledge and skills necessary to work as an *emergency medical responder* (EMR) to help sustain life, reduce pain and minimize the consequences of injury or sudden illness until more advanced medical personnel take over. The course content and activities will prepare you to make appropriate decisions about the care to provide in a medical emergency. The course teaches the skills an EMR needs to act as a crucial link in the *emergency medical services* (EMS) system.

### Prerequisites

None

### Course Objectives

- Explain how the EMS system works and how the EMR's role in the EMS system differs from a lay responder's role.
- Describe steps to ensure the well-being of the EMR.
- Identify how diseases are transmitted and describe standard precautions to prevent possible infection.
- Identify guidelines to follow to ensure personal safety and the safety of others at an emergency scene.
- Define and discuss the medical, legal and ethical responsibilities of an EMR.
- Explain what happens to the body if one or more body systems fail to function.
- Describe when to move a victim in an emergency and the appropriate methods of doing so and demonstrate how to perform emergency and non-emergency moves.
- Explain the rationale for sizing up a scene and how to identify the elements of a scene size-up.
- Explain and demonstrate how to assess a victim's condition.
- Explain and demonstrate how to obtain a patient history.
- Explain the importance of effective communication and identify the components of documentation and related issues.
- Recognize and demonstrate how to care for breathing emergencies, such as an airway obstruction.
- Demonstrate how to use breathing devices, including resuscitation masks and *bag-valve-mask resuscitators* (BVMs).
- Explain the purposes of and demonstrate how to use airway adjuncts.
- Identify when it is appropriate to administer emergency oxygen and demonstrate how to prepare the equipment and administer emergency oxygen.
- Recognize the signs and symptoms of a possible heart attack and describe how to care for someone who is experiencing signs and symptoms of a heart attack.

- Identify the major risk factors for *cardiovascular disease* (CVD) and injury and describe how to control them.
- Recognize the signs of cardiac arrest and demonstrate how to perform CPR and how to use an *automated external defibrillator* (AED).
- Recognize the signs and symptoms of medical, environmental and behavioral emergencies, including altered mental status, seizures, poisoning, substance abuse and misuse, heat-related illnesses, cold-related emergencies and stroke, and describe both general and specific care for medical, environmental and behavioral emergencies.
- Recognize the signs and symptoms of shock and describe how to minimize its effects.
- Recognize life-threatening bleeding and demonstrate how to control it.
- Recognize the signs and symptoms of various soft tissue and musculoskeletal injuries and demonstrate how to care for them.
- Describe general care for head, neck and spinal injuries and demonstrate how to care for specific head injuries, including manual stabilization of the head, neck and spine.
- Describe common types of medical and trauma emergencies in children and infants and the necessary care.
- Describe the common problems in and how to provide care for geriatric and special needs patients.
- Explain the role of the EMR in EMS operations.
- Describe the components involved in access and extrication.
- Identify the different types of *hazardous materials* (HAZMAT), how to respond to HAZMAT incidents and the safety procedures associated with them.
- Describe the purpose and functional positions of the *incident command system* (ICS) and the role of the EMR in the ICS.
- Describe the types of *multiple-casualty incidents* (MCIs) and explain the principles of triage.
- Describe the role of EMS operations during terrorist, public health, *weapon of mass destruction* (WMD) and disaster emergencies.
- Describe the roles of EMRs during a natural, human-caused or biological disaster.
- Identify the components of specialized operations units and how to respond to special rescue situations, such as ice, hazardous terrain, confined spaces, cave-ins, crime scenes, foreground operations and special events.

### **Length**

Approximately 51 hours

- Skills Review – Additional 4 hours
- Enrichments – Additional 5 hours, 10 minutes

### **Instructor**

Currently certified Emergency Medical Response instructors and instructor trainers

### **Certification Requirement**

- Attend all class sessions.
- Participate in all course activities.
- Demonstrate competency in all required skills and scenarios.
- Demonstrate competency in the final skills scenarios.
- Pass both the Emergency Medical Response final written exam and the CPR/AED for Professional Rescuers and Health Care Providers final written exam with minimum grades of 80 percent for each exam.

### **Certificate Issued and Validity Period**

- Emergency Medical Response: 2 years
- CPR/AED for Professional Rescuers and Health Care Providers: 2 years
  - Includes Administering Emergency Oxygen and Bloodborne Pathogens Training; optional certificates for these are available

### **Participant Products/Materials**

- *American Red Cross Emergency Medical Response Textbook* (Print or Digital Edition) required
- *American Red Cross Emergency Medical Response Workbook* (Print Edition Only) optional
- American Red Cross EMR interactive (EMRi) (Web-based tool) optional