



American
Red Cross



First Aid, Health and Safety for Coaches

First Aid, Health and Safety For Coaches, developed by the NFHS and the American Red Cross, presents the current first aid guidelines and the best practices coaches should follow to handle many sport first aid situations, including environmental issues and sport-specific-related issues. The content presented in this course does not replace professional medical help, but offers guidelines and techniques for temporary assistance until advanced medical help arrives. Completion provides the coach with a two-year certification from the American Red Cross.

Course Objectives

- How to develop an emergency action plan
- How to check a conscious and unconscious adult or athlete
- Recognize and manage breathing emergencies, including respiratory distress and respiratory arrest, asthma and choking emergencies
- Recognizing sudden illness and steps for care
- Prevention and management of cold & heat related illnesses
- Types and management of wounds
- Care for fractures, dislocations, sprains and strains
- Learn signs and symptoms of psychological and mental health problems
- Procedures for preventing the spread of skin conditions and infectious diseases

More

- Unlimited access to course & resources for one year from date of purchase
- Required for  and  certification requirements
- Approved by NFHS for 6 course clock hours

More Information at [nfhslearn.com!](https://nfhslearn.com)

Units

Before Giving Care

- Your Role in the EMS System
- Emergency Action Planning
- Checking a Conscious Adult/Athlete
- Checking an Unconscious Adult/Athlete
- The Recovery Position
- Moving an Injured or Ill Athlete
- Shock
- Blood-borne Pathogens
- Disease Transmission & Prevention

Breathing Emergencies

- Respiratory Distress & Respiratory Arrest
- Asthma
- Choking

Sudden Illness

- Recognizing Sudden Illness
- Seizures
- Strokes
- Diabetes
- Sickle Cell Trait
- Anaphylaxis & Allergic Reactions
- Epinephrine Auto-injector

Environmental Emergencies

- Heat Related Emergencies
- Hydration
- Cold Related Emergencies
- Lightning

Soft Tissue Injuries

- Open Wounds
- Controlling External Bleeding
- Burns
- Special Situations

Injuries to Muscles, Bones and Joints

- Types of Injuries
- Splinting and Injury
- Head, Neck, and Back Injuries
- Concussion

Health & Safety in Sports, Part 1

- Psychology & Mental Health
- Eating Disorders
- Female Triad

Health & Safety in Sports, Part 2

- Skin Conditions and Infections
- Mono