



First Aid Award Guide Updates 2022

In addition to minor editorial housekeeping, the following changes were made to the First Aid Award Guide in 2022.

- p. 2** **Basic Item 1**
- **Notes:** delete 3rd bullet “No coin....”
- p. 9** **Item 11d:** remove “transient ischemic attack”
- p. 14** **Notes:** add new 2nd sentence to 1st bullet: “Encourage use of the A.V.P.U. assessment tool (CFAM, p. 20).”
- p. 23** **Item 11d**
- Remove “TIA” from the title and the item description
 - Remove 3rd bullet Note re: TIA.
 - Add new last bullet Note:
 - Candidates use the “F.A.S.T.” assessment:
 - Face (facial drooping)
 - Arm (arm weakness)
 - Speech difficulty (slurring, trouble talking)
 - Time to call EMS
- p. 29** **SFA At-a-glance**
- Item 3: add “dehydration” as a new middle bullet between “heat cramps...” and “hypothermia...”
- p. 31** **SFA Item 2 Suspected spinal injury**
- Replace 4th Must See bullet (“victim immobilization”) with “Spinal movement restricted throughout: Conscious victim reassured and directed not to move”
 - Delete 5th and 6th Must See bullets.
 - **Add new 3rd bullet Note:** “If victim must be moved, restrict spinal movement, i.e., limit movement of head, neck and back.”

- p. 32 SFA Item 3: Environmental emergencies**
- Add “dehydration” as a new 2nd bullet in description
 - After “Heat Illness” and before “Cold Illness”, **add new Must See subhead and bullet:**
Dehydration
 - Attempt to provide fluids – preferably electrolyte drink with carbohydrates (for dehydration due to exertion)
- p. 35 SFA Item 6 Suspected Head Injury**
- **Replace 3rd Must See** with: “Spinal motion restricted if spinal injury suspected”
- p. 38 SFA Item 9 Poisoning**
- Notes: add new last bullet: “Introduce candidates to the signs and symptoms of opioid overdose and how to treat a victim using a Naloxone nasal spray device.”
- p. 42 Anaphylaxis Rescue Item 2**
- Delete 2nd Note bullet (“School board....”).
- p. 43 Anaphylaxis Rescue Item 3**
- Delete 2nd Note bullet (“No coin...”).
- p. 53 AED At-a-glance**
- Revise subtitle “AED Items” to read “Test Items”
- p. 55 AED Item 2**
- Combine Must See bullets 7 and 8 so it reads: “If breathing is absent or abnormal, CPR started with 30 compressions (2 rescue breaths for drowning victims) and continued until AED arrives”
- p. 57 Airway Management At-a-glance**
- Add new test item #7 (Bag-valve-mask attached) – same as CPR-HCP item #7

Bag-valve-mask (BVM)

Demonstrate use of a bag-valve-mask (BVM).

Purpose

To restore normal breathing in a non-breathing adult, child or infant victim with BVM.

Notes

Must See

1-rescuer technique

- Rescuer positioned directly above victim's head
- Mask positioned correctly
- Use of "C-E clamp" technique to hold mask in place while lifting the jaw to open airway
- Effective 1 sec. ventilations (squeezing bag) causing chest to rise

2-rescuer technique

- First rescuer opens airway with head tilt and jaw lift, sealing mask over victim's mouth and nose
- Effective 1 sec. ventilations by second rescuer (squeezing bag) causing chest to rise

Reference:

CFAM p. 88 *Bag-valve-mask (BVM)*