



MEDIC First Aid BasicPlus CPR, AED, and First Aid for Adults

MEDIC First Aid® **BasicPlus** is a combined adult CPR, AED, and first aid training program designed specifically for the occupational first aid provider. This extremely flexible program will help employers meet OSHA and other federal and state regulatory requirements for training employees how to respond and care for medical emergencies at work. This program conforms to the *2015 AHA Guidelines Update for CPR and ECC* and the *2015 AHA and ARC Guidelines Update for First Aid*.



Intended audience

Occupational first aid providers who are not healthcare providers or professional rescuers



Class configurations

- Max student to instructor ratio: 12 to 1
- Recommended student to equipment ratio: 3 to 1



MEDIC First Aid-approved training materials

- Instructor materials
 - BasicPlus Program Video
 - BasicPlus Instructor Guide (one per instructor, print or digital)
- Student materials
 - Student Book (one per participant, print or digital)



Digital Resources

- Streaming video player
- Create custom playlists
- Updated user interface for blended learning platform
- Customizable blended learning playlists
- Pre-built digital Performance Evaluations
- Track past, present, and future classes with Otis
- New mobile app, including offline mode



Recognized certification period

Up to 2 years



Successful completion (certification)

- *Written evaluation*: Required when specified by organizational, local, or state regulation.
- *Performance evaluation*: All students must perform required skills competently without assistance.



Recommended time to complete

- Initial training: 4–5 hours
- Renewal training: Less than initial instructional time

MEDIC First Aid BasicPlus



Class Topics

- First Aid Provider
- Recognizing an Emergency
- Personal Safety
- Deciding to Help
- Infectious Bloodborne Diseases
- Standard Precautions
- Personal Protective Equipment
- Legal Considerations
- Implied Consent
- Abandonment
- Good Samaritan Laws
- Emergency Medical Services
- Emergency Actions Plans
- Poison Help Line
- Emergency Moves
- Oxygen and the Human Body
- Sudden Cardiac Arrest
- Cardiopulmonary Resuscitation (CPR)
- Early Defibrillation
- Chain of Survival
- Secondary Cardiac Arrest
- Opioid Overdose
- Chest Compressions
- Rescue Breaths
- AED Operation
- AED Troubleshooting & Considerations
- Primary Assessment – Unresponsive Person
- Recovery Position
- Caring for Cardiac Arrest
- Multiple Provider Approach to CPR
- Choking
- Assessment
- Primary Assessment – Responsive Person
- Secondary Assessment*
- Sudden Injury
- Control of Bleeding
- Tourniquets
- Hemostatic Dressings
- Using a Tourniquet*
- Using a Hemostatic Dressing*
- Shock
- Internal Bleeding
- Amputation*
- Impaled Subject*
- Open Chest Injury*
- Open Abdominal Injury*
- Head, Neck, or Back Injury
- Spinal Injury
- Brain Injury
- Concussion
- Swollen, Painful, or Deformed Limb
- Burns
- Nosebleed
- Injured Tooth
- Altered Mental Status
- Fainting
- Stroke
- Hypoglycemia
- Seizure
- Breathing Difficulty, Shortness of Breath
- Asthma and Inhalers
- Severe Allergic Reaction
- Pain, Pressure, or Discomfort in Chest
- Poisoning
- Severe Abdominal Pain*
- Heat Exhaustion
- Heat Stroke
- Hypothermia
- Frostbite
- Stinging Insects*
- Snakebites*
- Tick Bites*
- Marine Animal Stings*
- Animal and Human Bites*
- Emotional Considerations*

**Supplemental Topics*

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