

NSC Advanced First Aid and Basic Life Support for Health Care and Professional Rescuers

Course Chapters

This Instructor Manual provides a detailed plan for each chapter. To ensure the quality and effectiveness of the course, please follow the structure of each Chapter as closely as possible.

| Chapter/Topic | Videos | Skills | Suggested Length |
|-------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|------------------|
| Course Introduction | <ul style="list-style-type: none"> NSC – A Life Saved | | 15 minutes |
| Chapter 1: Preparing to Act | | | 30-60 minutes |
| Chapter 2: Acting in an Emergency | | ✓ | 60 minutes |
| Chapter 3: The Human Body | | | 60 minutes |
| Chapter 4: Assessing the Victim | <ul style="list-style-type: none"> Check the Victim Recovery Position | ✓ | 75 minutes |
| Chapter 5: Cardiovascular Emergencies and Cardiopulmonary Resuscitation (CPR) | <ul style="list-style-type: none"> Adult CPR, 1 Rescuer Pediatric CPR Adult CPR, 2 Rescuers Rescue Breathing Jaw Thrust Breathing with a Bag Mask | ✓ | 240-280 minutes |
| Chapter 6: Automated External Defibrillators (AEDs) | <ul style="list-style-type: none"> Adult AED – includes 1 Rescuer and 2 Rescuers Pediatric AED – includes 1 Rescuer and 2 Rescuers | ✓ | 60 minutes |
| Chapter 7: Airway Obstructions | <ul style="list-style-type: none"> Choking | ✓ | 60 minutes |
| Chapter 8: Controlling Bleeding | <ul style="list-style-type: none"> Bleeding and Wound Care | ✓ | 60-90 minutes |
| Chapter 9: Shock | <ul style="list-style-type: none"> Shock Allergic Reactions and Anaphylactic Shock Using an Auto-Injector | ✓ | 60-90 minutes |
| Chapter 10: Wounds and Soft Tissue Injuries | | | 90-120 minutes |
| Chapter 11: Burns | <ul style="list-style-type: none"> Burns | | 90 minutes |
| Chapter 12: Head and Spinal Injuries | <ul style="list-style-type: none"> Spinal Injury Concussion and Head Injuries | ✓ | 90-120 minutes |
| Chapter 13: Chest, Abdominal and Pelvic Injuries | | | 60 minutes |
| Chapter 14: Bone, Joint and Muscle Injuries | <ul style="list-style-type: none"> Bone, Joint and Muscle Injuries | ✓ | 90-120 minutes |

| Chapter/Topic | Videos | Skills | Suggested Length |
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| Chapter 15: Extremity Injuries and Splinting | | ✓ | 60-90 minutes |
| Chapter 16: Sudden Illness | <ul style="list-style-type: none"> • Sudden Illness: Heart Attack and Chest Pain • Sudden Illness: Stroke • Sudden Illness: Asthma • Sudden Illness: Presyncope • Sudden Illness: Diabetic Emergency | | 180-230 minutes |
| Chapter 17: Poisoning | <ul style="list-style-type: none"> • Poisoning | | 60-90 minutes |
| Chapter 18: Substance Misuse and Abuse | | ✓ | 60-90 minutes |
| Chapter 19: Bites and Stings | | | 60-90 minutes |
| Chapter 20: Cold and Heat Emergencies | <ul style="list-style-type: none"> • Cold and Heat Emergencies | | 60-90 minutes |
| Chapter 21: Behavioral Emergencies | | | 90-120 minutes |
| Chapter 22: Pregnancy and Childbirth | | | 90 minutes |
| Chapter 23: Remote Location First Aid | | | 60-90 minutes |
| Chapter 24: Rescuing and Moving Victims | <ul style="list-style-type: none"> • Rescuing and Moving Victims | | 60-90 minutes |
| Chapter 25: Are you Prepared? | | | 60 minutes |
| Chapter 26: Moving Forward | | | 15-30 minutes |
| Appendix A: Advanced Resuscitation Techniques | | | 60-80 minutes |
| Final Written Exam | | | 25 minutes |
| Total Instructional Time (without optional sections) | | | 30 hours |
| Total Instructional Time (including optional sections) | | | 42 hours |