Safety and CPR/AED

Unit Learning Objectives

At the end of this unit, you should know…

* the four links in the **Accident Chain** and how to eliminate risk factors for accidents (“Risk factors” may be identified in your safety notes by topic [listed below] and would include things you can do to minimize risk of an accident).
* *various* ***safety guidelines/recommendations*** *for:*
  1. *Exercise*
  2. *Swimming and Diving*
  3. *Watercraft*
  4. *Bicycling, Rollerblading, Skateboarding, etc. (“Safety on Wheels”)*
  5. *Motor Vehicles*
  6. *The Home*
     1. *Fires (including, elements needed to make a fire)*
     2. *Falls*
     3. *Poisoning*
     4. *Electrocution*
  7. *Natural disaster preparedness*
  8. *Avoiding assault/violence (“Personal Safety”)*
* **American Heart Association guidelines** for the evaluation and care of an adult victim of cardiac arrest (CPR/AED Skills)