A minimum of one hour per week is required of all students to view the EMT skills video online, and to study the lab manual skill sheets. Students will find the skills videos online at http://cabrillo-emt.blogspot.com/

Lab 1 – 2/19

- **Watch the following videos prior to lab:** Introduction to patient assessment, initial assessment and scene size-up, BSI, head tilt, jaw thrust, vital signs (videos 1, 2, 5, 6)
- Add slips given as needed, SRTs formed
- Introductions of SRT members, last day for lab fee payment ($35 checks to Cabrillo EMT), glove sizing and distribution
- Review Lab Policies from lab orientation
- Practice Proper Removal of Contaminated Gloves skill sheet (no video)
- BSI skill sheet and video
- Weekly equipment check-off procedure
- Go over patient documentation: Patient Care Worksheet; Refusal of Service (AMA)
- Head tilt/chin lift skill sheet and video
- Jaw thrust maneuver skill sheet and video
- Initial Assessment skill sheet and video
- Vital Signs (Skill sheet and videos 1, 2, 5, 6)
  o Pulse, Respirations, Skin signs, Pupil Assessment

Lab 2 – 2/26

- **Watch the following videos prior to lab:** Vital Signs BP (3,4), pocket mask, 2-Person BVM, OPA, NPA, Oral suctioning, Adult Rescue Breathing with Bag Mask (see BLS for the HCP video)
- Equipment check-off
- Pocket mask distribution
- Pt. Assessment Algorithm (lab manual)
- Vital Signs (Skills sheet and videos 3, 4)
  o BP Auscultated and Palpated and review previous VS
- Airway management skills (Skills sheet and video.)
  o Using a Pocket Mask
  o Bag Value Mask Ventilations
  o Two Person BVM
  o Oropharyngeal airway
  o Nasopharyngeal airway
- **Suctioning the Oropharynx**
  - Practice Initial Assessment
  - Quiz #1: Initial Assessment skill sheet individually quizzed in SRTs

### Lab 3 – 3/05

- **Watch the following videos prior to lab:** oxygen tank assembly, nasal cannula, non-rebreather mask, Sellick’s Maneuver, pulse oxymetry, trauma patient assessment, significant MOI, no significant MOI, detailed physical exam, ongoing assessment, cervical collars
- Equipment check-off
- Oxygen Administration skill sheets
  - *Oxygen Administration*  
    - O2 Tank Assembly
    - Nasal Cannula
    - Non-rebreather Mask
  - *Sellick’s Maneuver*
- Detailed Physical Exam (DCAP-BTLS)
- Cervical collars
- Scenario: Introduction to patient interview assessment (on website)
- SAMPLE History Questions
- Vital signs check off

**Optional HM-FRA certification - Sat 3/6** (FT 190 HM with G. Niblock)

### Lab 4 – 3/12

**Watch the following videos prior to lab:** bleeding and shock, dressing and bandaging, long bone splinting, joint splinting, sling and swathes
- Equipment check-off
- Neuro-assessment skill sheet
- Bleeding Control and Shock Management skill sheet
- Joint Immobilization skill sheet
- Long Bone Immobilization skill sheet
- Bandaging and Splinting an Open Extremity Fracture skill sheet
- Sling and Swath skill sheet
- Vital signs check off
- Quiz #2: Initial Assessment skill sheet individually quizzed in SRTs

**Optional WMD-FRA certification - Sat 3/13** (FT 190 NBC with G. Niblock)

### Lab 5 – 3/19

**Watch the following videos prior to lab:** KED, immobilizing supine pt, immobilizing standing pt, helmet removal, rapid extrication, lifting and moving pts, soft restraints
- Equipment check-off
- KED skill sheet
- Helmet Removal skill sheet
- Lifting and Moving Patients skill sheet
Cabrillo College EMT Lab Schedule

- Backboard Use and strapping techniques
- Spine Immobilization Supine Patient skill sheet
- Application of soft restraints skill sheet
- Spine immobilization Standing Patient skill sheet
- Use of gurney, scoop, stair chair, readibed, sit pick, rescue seat demos
- Vital signs check off

Lab 6 – 3/26 – Scenario Stations
- Major Trauma (unconscious)
- Life Guard Beach Drowning
- Tib/Fib fracture with precautionary c-spine (minor trauma)
- Vital signs check off


Lab 7 – 4/9 – Midterm Skills Review
- Mid-term Skills:
  - 1 person BVM, NPA, OPA
  - Suctioning, O2 administration
  - Vital signs
  - KED
    - Detailed physical exam
- Vital signs check off

Saturday – 4/10 - MIDTERM Skills Test 1000A – 1430P
- Mid-term Skills:
  - 1 person BVM, NPA, OPA
  - Suctioning, O2 administration
  - Vital signs
  - KED
  - Detailed physical exam.

Lab 8 – 4/16
- Watch the following videos prior to lab: activated charcoal, glucose paste, metered dose inhaler, nitroglycerin, epi auto inject, nebulized medication, responsive medical pt, unresponsive medical pt
- Medical patient assessment (Responsive: chest pain) skill sheet
- Administration of glucose skill sheet
- Administration of nitroglycerin skill sheet
- Epi auto-injector skill sheet
- Administration of Nebulized Medication skill sheet
- Administration of activated charcoal skill sheet
- Metered Dose inhaler skill sheet
• Medical patient assessment skill sheet (discuss the differences in assessment between the responsive and unresponsive medical patient)
• Medical Scenarios
• Vital signs check off

Lab 9 – 4/23
• Watch the following videos prior to lab: adult 1-rescuer CPR, adult compressions, adult breaths with mask, adult compressions and breaths, adult assessment, adult rescue breathing with bag mask, adult 2-rescuer CPR demo, adult 2-rescuer CPR and AED, adult 2-rescuer advanced airway, child CPR sequence, infant 1-rescuer CPR, infant compressions, infant 2-rescuer CPR demo, ET intubation, Suctioning through an ET tube, Combitube
• Adult/child1-rescuer CPR skill sheet
• AED skill sheet
• Infant 1 & 2 rescuer CPR skill sheet
• Adult/child FBAO –unresponsive skill sheet
• Adult/child FBAO –responsive skill sheet
• Infant FBAO-skill sheet
• ET-BVM Ventilation (Advanced Airway)-skill sheet
• Artificial ventilation of a stoma breather-skill sheet
• Suctioning through an ET tube
• Vital signs check off
• CPR check off

Lab 10 – 4/30
Watch the following videos prior to lab: hare traction splint, sager traction splint, assisting with childbirth
• Equipment check-off
• Emergency Childbirth skill sheet
• Hare Traction Splint skill sheet
• Sager Traction Splint skill sheet
• Avulsion or amputation skill sheet
• Impaled objects penetrating eye injury skill sheet
• Impaled object stabilization skill sheet
• Sucking chest wound skill sheet
• Vital signs check off
• CPR check off

Lab 11 – 5/7 MCI Drill
• Equipment check-off
• MCI and triage drill

Lab 12 – 5/14 Trauma patient and rapid extrication scenarios
Cabrillo College EMT Lab Schedule

Watch the following videos prior to lab: rapid extrication, immobilize supine pt, immobilize standing pt, trauma patient significant mechanism of injury

- Equipment check-off
- Trauma Patient Assessment – Significant MOI
- Trauma Patient Assessment – No Significant MOI
- C-spine standing position (review)
- Rapid vehicle extrication scenarios
- Trauma Patient Scenarios
- Vital sign check off
- CPR check off

Lab 13 – 5/21 Final Skills Review

- Equipment check-off
- Final Skills Practice - Open Lab
  - Medical Patient Responsive Assessment
  - AED
  - CPR Adult/child 1 person
  - Emergency Childbirth
  - CPR 1 and 2 person infant
  - Hare Traction
  - Bleeding/Shock management
  - Sling and Swathe
- Vital sign check off
- CPR check off

Saturday 5/22 Final Skills Test 1000A – 1430P

- Final Skills Test
  - Medical Patient Responsive Assessment
  - AED
  - CPR Adult/child 1 person
  - CPR 1 and 2 person infant
  - Emergency Childbirth
  - Hare Traction
  - Bleeding/shock management
  - Sling and Swathe