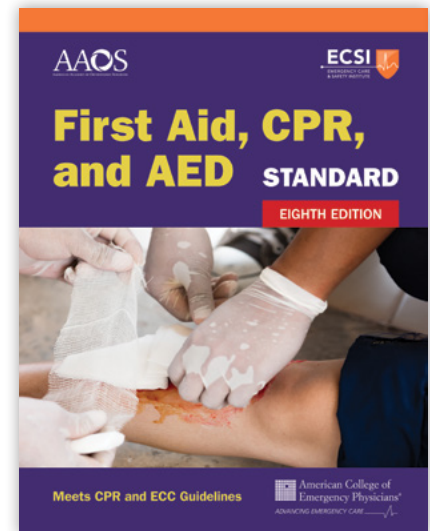


What's New in Standard First Aid, CPR, and AED EIGHTH EDITION

With comprehensive coverage of the 2020 CPR and Emergency Cardiovascular Care (ECC) Guidelines established by the American Heart Association, **Standard First Aid, CPR, and AED, Eighth Edition** is ideal for use within training courses designed to certify individuals in first aid, CPR, and AED and prepare them to provide life-saving skills in an emergency. This manual is developed for use within First Aid, CPR, and AED training courses offered through Emergency Care & Safety Institute (ECSI). It has been updated to meet International Liason Committee on Resuscitation (ILCOR) and ECC guidelines released in October 2020. When you train with ECSI, you can look forward to affordable, flexible course delivery options, high-quality instructor and student resources that meet the latest medical recommendations, and streamlined course administration to ensure timely certification.

CHAPTER-BY-CHAPTER CONTENT ENHANCEMENTS AND REVISIONS

The following table provides a detailed breakdown on what's new and what's been changed in each chapter in the *Eighth Edition*.



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CHAPTER 1 Your Role as a First Aid Provider

- Title change from *Introduction*
- Provided clearer definition of the term *first aid* and clarified the difference between first aid care and professional medical care
- Added content on willingness to help and act, including common concerns when deciding to help an injured or ill person
- Added content on confidence in assessing an emergency and providing care
- Added content on how to calmly communicate during an emergency

CHAPTER 2 Actions to Take Before Helping

- Title change from *Before Helping, Take the Appropriate Actions*
- Moved "finding what is wrong" content to a new Chapter 3
- Updated glove removal photos
- Added content on Good Samaritan laws
- Added content on confidential information
- Added content on consent for responsive and unresponsive adults, children, and infants
- Added content and photos on face masks and face shields for public health (in the instance of the COVID-19 pandemic, for example) and discussion on how to put on a mask

CHAPTER 3 Checking an Injured or Ill Person

- New chapter created with the *finding what is wrong* content from old Chapter 2
- Defined *responsive* and *unresponsive*
- Added new content on how to check a person appearing to be responsive
- Added new content on interviewing a responsive person, including taking a SAMPLE (symptoms, allergies, medications, pertinent past medical problems, last food or drink, events leading up to the injury or illness) history
- Expanded content on checking for DOTS (deformities, open wound, tenderness, swelling), including updated images

CHAPTER 4 Injury Emergencies

- Previously Chapter 3 in the *Seventh Edition*
- Updated bleeding control photos
- Added new content (table) on common tourniquet mistakes
- Updated tourniquet application photos
- Added new skill sheet on how to apply a roller bandage on a forearm (spiral method)
- Added clarification on eye irrigation procedure
- Added more details on what to look for when a blow to the eye occurs
- Added more details on what to look for when there is a loose object in the eye
- Divided signs of concussion into sections: thinking/remembering symptoms, physical symptoms, emotional/mood symptoms, and sleep disturbance symptoms
- Added test for sensation and movement in all four extremities for spinal injuries
- Clarified signs to look for in abdominal injuries
- Updated RICE procedure photos
- Added clarification on RICE procedure
- Added new skill sheet on how to apply an arm sling
- Clarified differences between muscle cramps, muscle bruises, and muscle strains
- Updated the term *body surface area (BSA)* to *total body surface area (TBSA)* for burns
- Moved shock section from the *Sudden Illnesses* chapter to the end of this chapter
- Defined treatment of shock based on responsive and unresponsive victims

CHAPTER 5 Sudden Illnesses

- Previously Chapter 4 in *Seventh Edition*
- Added skill sheet on using an inhaler without a spacer
- Added skill sheet on using an inhaler with a spacer
- Clarified definitions of the terms *anaphylaxis* and *epinephrine*
- Added more details on how anaphylaxis occurs
- Added content on how women and older adults are more likely than men to display milder signs of heart attack, including what those milder signs look like
- Added details on the effects of stroke
- Clarified definition of the term *fainting (presyncope)*
- Divided fainting content into two sections: person that feels as though they may faint and person that has already fainted
- Moved seizures content above diabetic emergencies content
- Clarified definition of the term *insulin*
- Added additional content to clarify the two types of diabetic emergencies (hypoglycemia and hyperglycemia) and added questions to ask someone with diabetes who is suspected of hypoglycemia or hyperglycemia
- Updated blood glucose monitor image
- Moved shock content to Chapter 4

CHAPTER 6 Environmental Emergencies

- Previously Chapter 5 in *Seventh Edition*
- Reorganized chapter topics into the following order:
 - Heat-related emergencies
 - Cold-related emergencies
 - Poisoning
 - Drug emergencies
 - Poison ivy, poison oak, and poison sumac reactions
 - Animal bites
 - Snake bites
 - Arthropod bites and stings
 - Marine animal injuries
- Updated steps for treating heat stroke, with additional details on whole-body cold-water immersion and spraying or dousing cold water
- Reorganized hypothermia content
- Added content and illustrations on drug emergencies, including opioids and how to use naloxone and non-opioid drug emergencies
- Added illustration showing characteristic features of venomous and non-venomous snakes
- Updated reptile photos and illustrations
- Divided reptile content into pit vipers, coral snakes, non-venomous snakes, and venomous lizards
- Divided arthropod injury content by arthropod type
- Updated arthropod and insect photos
- Divided content by marine animal type
- Updated marine animal photos
- Added cautions on clinging tentacles

CHAPTER 7 CPR and AED

- Previously Chapter 6 in *Seventh Edition*
- Clarified the difference between heart attack and cardiac arrest
- Added mnemonic RAB-CAB (responsive, activate EMS and get an AED, breathing, compressions, airway, breaths) and in-depth discussion on these steps to help remember what to do for adult and child CPR
- Updated adult and child CPR photos
- Updated infant CPR photos
- Added content and photo on encircling thumbs technique for infant CPR
- Added discussion on compression-only CPR and COVID-19
- Added new content and skill sheet on back blows for adult and child airway obstruction
- Added photo showing the universal sign for choking
- Added photo showing chest thrusts on a pregnant woman
- Updated infant choking photos
- Added clarification on when an AED is needed
- Updated AED use photos
- Added content on AED special considerations

APPENDIX A FIRST AID SUPPLIES

- Added content on class A and class B first aid kits
- Updated recommended minimum items for workplace first aid kit table to reflect class A and class B first aid kit minimum contents

APPENDIX B EMERGENCY RESCUES, MOVES, AND PRIORITIES

- Previously Chapter 7 in *Seventh Edition*
- Added mnemonic RACE (rescue, activate, confine, extinguish) to emergency fire rescues content