

HO-159: Emergency Medical Technician

Course Information

- Semester and Year: Fall 2025
- Course ID and Section number: HO-159-E9499
- Instructor's name: Virginia Plambeck
- Day and time of required meetings: Monday, Wednesday, 5:30 – 9:45 pm
Two additional weekend sessions as noted on course schedule. Mandatory ambulance and hospital emergency department observation sessions – to be scheduled.
- Location: Applied Technology (AT) 126
- Course units: 6

Instructor Contact Information

- Office location: Utilize AT126 or adjacent classroom as available
- Office hours: Monday, Wednesday, 4:30 – 5:30 pm
Other meeting days/times may be arranged; please schedule an appointment with the instructor.
- Phone number: (707) 476-4100 extension 4838 (message only)
- Email address: Virginia-Plambeck@redwoods.edu
- Communication notes: Email is preferred method of communication.
Please include “EMT” in subject line. Expect a response with 24-48 hours. Students are expected to check for email communication twice weekly. Please acknowledge receipt of email if specifically requested.

Required Materials

- Emergency Care, 14th edition, authors Daniel Limmer and Michael F. O’Keefe
ISBN-13: 978-0-13-668116-8 or ISBN-10: 0-13-668116-6
- Workbook for Emergency Care, 14th edition, author Bob Elling
ISBN-13: 978-0-13-537907-3 or ISBN-10: 0-13-537907-5

Catalog Description

A study of basic prehospital emergency medicine to meet State of California requirements for EMT training. Students will learn to properly assess, stabilize, treat, and transport patients experiencing medical and trauma emergencies in the prehospital setting. This course includes clinical observation experience with an ambulance service and in a hospital emergency department. Course completion will allow students to take the National Registry examination for EMT certification. (continued)

Note: Requirements include: Proof of communicable disease immunity; background check clearance; urine drug screening; and American Heart Association BLS for Healthcare Providers, American Red Cross BLS for Healthcare Providers, American Safety & Health Institute BLS, or equivalent CPR certification. Off-campus meetings are required. Must be 18 years old to be eligible for National Registry and state certification. May take the state certification exam within two years of course completion. Fees for National Registry testing and state certification are additional.

Course Student Learning Outcomes

By the end of this course, students will be able to:

1. Characterize the roles and responsibilities of the Emergency Medical Technician (EMT).
2. Apply fundamental knowledge required to properly assess, stabilize, treat, and transport patients experiencing medical and trauma emergencies in the prehospital setting.
3. Demonstrate safe and effective psychomotor skills competence as outlined by the National EMS Scope of Practice model and state Scope of Practice at the EMT level.

Please refer to the course textbook for specific standards, competencies, core concepts, and outcomes listed at the beginning of each chapter.

Course learning outcomes will be met through a variety of learning activities, including lectures, video and other media presentations, group discussions, hands-on skills lab practice, scenarios, and cognitive and skills evaluations.

Course Calendar

Mondays, Wednesdays, 5:30 – 9:45 pm

Two additional weekend sessions as noted on course schedule. Mandatory ambulance and hospital emergency department observation sessions – to be scheduled.

Please see detailed course schedule handout (also posted on Canvas course site).

Evaluation and Grading Policy

<u>Didactic instruction:</u>	Quizzes	50% of grade
	Final exam	35% of grade
	Course participation	15% of grade

Quizzes will generally consist of 20 multiple-choice questions. Other quiz formats may also be included at the instructor's discretion. The lowest quiz score will be dropped to calculate the average quiz score. The average quiz score will contribute to 50% of the course grade.

There will be no opportunity to reschedule or make up quizzes. A missed quiz will be scored as "zero." One missed quiz will be counted as the student's lowest score and will be dropped. If a student misses more than one quiz, the additional "zeros" will be included in the total quiz score.

The final exam consists of 100 multiple-choice questions. The final exam score will contribute to 35% of the course grade.

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A student who meets California Emergency Medical Services Authority (EMSA) training requirements by missing no more than ten classroom hours, completing all required assignments, successfully completing all NREMT skills exams, completing the supervised clinical observation time, and submitting the required patient care reports will receive a 100% under the course participation category.

A student who does not meet **all** of these requirements will receive a “zero” for this category. The course participation score will contribute to 15% of the course grade. (These training requirements will be further described in class by the instructor.)

Skills laboratory: There is no separate skills grade. Active participation in all skills practice sessions and successful completion of all skills exams is required.

Prerequisites/corequisites/ recommended preparation

Prerequisite: None.

Corequisite: None.

Note: Must be 18 years of age to be eligible for State of California EMT certification. May take State certification exam within two (2) years of course completion.

Educational Accessibility and Support

College of the Redwoods is committed to providing reasonable accommodations for qualified students who could benefit from additional educational support and services. You may qualify if you have a physical, mental, sensory, or intellectual condition which causes you to struggle academically, including but not limited to:

- Mental health conditions such as depression, anxiety, PTSD, or bipolar disorder
- Common ailments such as arthritis, asthma, diabetes, autoimmune disorders, and diseases
- Temporary impairments such as a broken bone, recovery from significant surgery, or a pregnancy-related disability
- Neurodevelopmental disorders such as a learning disability, intellectual disability, autism, acquired brain injury, or ADHD
- Vision, hearing, or mobility conditions

Available services include extended test time, quiet testing environments, academic assistance and tutoring through the [LIGHT Center](#), counseling and advising, alternate formats of course materials (e.g., audio books, braille, E-texts), assistive technology, learning disability assessments, approval for personal attendants, interpreters, priority registration, on-campus transportation, adaptive physical education and living skills courses, and more. If you believe you might benefit from disability- or health-related services and accommodations, please contact [Student Accessibility Support Services \(SASS\)](#). If you are unsure whether you qualify, please contact Student Accessibility Support Services (SASS) for a consultation: sass@redwoods.edu.

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SASS office locations and phone numbers

Eureka campus

- Phone: 707-476-4280
- Location: Learning Resource Center (Library)

Del Norte campus

- Phone: 707-465-2353
- Location: main building, near the Library

Klamath-Trinity campus

- Phone: 707-476-4280

COLLEGE OF THE REDWOODS
HEALTH OCCUPATIONS DEPARTMENT
EMERGENCY MEDICAL TECHNICIAN
HO-159-E9499

FALL 2025

Course Information

6 units - lecture/lab

Prerequisite: None.

Corequisite: None.

*Note: Must be 18 years of age to be eligible for State of California EMT certification.
May take State certification exam within two (2) years of course completion.*

Mondays and Wednesdays 5:30 - 9:45 p.m. AT 126

Two additional weekend sessions as noted on course schedule, including one off-campus session. Mandatory ambulance and hospital emergency department observation sessions - to be scheduled.

Instructor Contact Information

Virginia Plambeck, EMT-P [Pronouns: she/her]

Campus email: virginia-plambeck@redwoods.edu

Message phone: 707-476-4100 extension 4838

Email is my preferred contact method. Please put "EMT" in the Subject line.

Office hour: 4:30-5:30 p.m. Mondays and Wednesdays in AT 126 (or adjacent classroom as available). Please contact me to schedule an appointment at another time as needed.

My supervisor is Jessica Howard, Dean of Nursing and Healthcare Pathways.
(Jessica-Howard@redwoods.edu) (Office: 707-476-4251)

The Health Occupations Administrative Office Coordinator is Cheryl Merten.
(Healthocc@redwoods.edu) (Office: 707-476-4216)

Required Materials

- Emergency Care, 14th edition, authors Daniel Limmer and Michael F. O'Keefe
ISBN-13: 978-0-13-668116-8 or ISBN-10: 0-13-668116-6
- Workbook for Emergency Care, 14th edition, author Bob Elling
ISBN-13: 978-0-13-537907-3 or ISBN-10: 0-13-537907-5

The above texts are available at the online campus bookstore:
<https://bncvirtual.com/redwoods>
707-476-4130

They are also available through publisher Pearson and online book sellers.

Additional Fees

- Cost (as needed) of CPR certification.
- Cost (as needed) of proof of immunity.
- Cost of background check for clinical observation clearance. (\$36)
- National Registry of EMTs (NREMT) cognitive exam fee. (\$104 per exam attempt)
- State EMT certification fee. (Approximately \$200 in our region)

Catalog Description

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Note: Requirements include: Proof of communicable disease immunity; background check clearance; ~~urine drug screening~~; and American Heart Association BLS for Healthcare Providers, American Red Cross BLS for Healthcare Providers, American Safety & Health Institute BLS, or equivalent CPR certification. Off-campus meetings are required. Must be 18 years old to be eligible for National Registry and state certification. May take the state certification exam within two years of course completion. Fees for National Registry testing and state certification are additional.

Course Student Learning Outcomes

By the end of this course, students will be able to:

1. Characterize the roles and responsibilities of the Emergency Medical Technician (EMT).
2. Apply fundamental knowledge required to properly assess, stabilize, treat, and transport patients experiencing medical and trauma emergencies in the prehospital setting.
3. Demonstrate safe and effective psychomotor skills competence as outlined by the National EMS Scope of Practice model and state Scope of Practice at the EMT level.

Please refer to the course textbook for specific standards, competencies, core concepts, and outcomes listed at the beginning of each chapter. Course learning outcomes will be met through a variety of learning activities, including lectures, video and other media presentations, group discussions, hands-on skills lab practice, scenarios, and cognitive and skills evaluations.

Course Calendar and Attendance Requirements

Please see separate detailed course schedule.

The California Emergency Medical Services Authority (EMSA) set the EMT training program required course hours at 170 effective July 1, 2017. The training hours include a minimum of 146 hours of didactic instruction and skills laboratory ("classroom hours") and a minimum of 24 hours of supervised clinical experience (ambulance and hospital emergency department observation).

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Course Calendar and Attendance Requirements (continued)

Scheduled Monday/Wednesday sessions add up to 123.25 hours. Two weekend sessions add 16 hours. Three online training modules are worth 6.5 hours. Take-home assignments are worth 10.25 hours. This brings total “classroom hours” to 156. This means that a student may miss no more than **ten (10)** classroom hours in order to meet California EMT certification eligibility requirements.

Students are not permitted to arrive late to class sessions or to leave early, except at the discretion of the instructor. Such time will be subtracted from the total attendance time and may impact a student’s EMT certification eligibility.

There will be no opportunity to "make up" any missed classroom hours. Substituting additional clinical hours for classroom hours is not allowed.

Students who fail to meet EMSA attendance requirements may still complete the course and receive a grade, but will not be eligible to take the NREMT cognitive exam for EMT certification.

A student may be dropped from the class for a pattern of excessive absence. This is defined as greater than ten (10) hours absence on the Census Day (Monday, September 8) or on the Last Day For Student- and Faculty-Initiated Withdrawal (Friday, October 31) unless the student speaks with the instructor and specifically requests to remain in the course.

Evaluation and Grading Policy

<u>Didactic instruction:</u>	Quizzes	50% of grade
	Final exam	35% of grade
	Course participation	15% of grade

Quizzes will generally consist of 20 multiple-choice questions. Other quiz formats may also be included at the instructor’s discretion. The lowest quiz score will be dropped to calculate the average quiz score. The average quiz score will contribute to 50% of the course grade.

There will be no opportunity to reschedule or make up quizzes. A missed quiz will be scored as “zero.” One missed quiz will be counted as the student’s lowest score and will be dropped. If a student misses more than one quiz, the additional “zeros” will be included in the total quiz score.

The final exam consists of 100 multiple-choice questions. The final exam score will contribute to 35% of the course grade.

A student who meets EMSA training requirements by missing no more than ten classroom hours, completing all required assignments, successfully completing all NREMT skills exams, completing the supervised clinical observation time, and submitting the required patient care reports will receive a 100% under the course participation category.

A student who does not meet **all** of these requirements will receive a “zero” for this category. The course participation score will contribute to 15% of the course grade. (These training requirements will be further described in class by the instructor.)

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Evaluation and Grading Policy (continued)

Skills laboratory: There is no separate skills grade. Active participation in all skills practice sessions and successful completion of all skills exams is required.

Grading Scale

A = 95 - 100%	C ⁺ = 78 - 80%
A ⁻ = 90 - 94%	C = 75 - 77%
B ⁺ = 87 - 89%	D = 65 - 74%
B = 84 - 86%	F = Below 65%
B ⁻ = 81 - 83%	I = Incomplete; if not made up, a final grade will be assigned by the instructor

Final grades are permanent and not subject to change.

Note: An overall final course grade of at least 84% (“B”) and successful completion of all EMSA training requirements is required to take the NREMT cognitive exam for EMT certification.

A student who receives a course grade of less than 84% (“B”) is not eligible take the NREMT cognitive exam. He or she will still receive college credit for the course.

Incomplete grades

Under serious and extenuating circumstances, instructors may grant students a grade of an Incomplete (“I”) in a course. In general, to qualify for an “I” grade, students must meet the following conditions:

- Most of the academic work must already have been completed.
- Serious and documented circumstances are preventing the student from completing the work.
- (Completion of) a contract specifying that the “I” must be made up within one semester following the end of the term in which it was assigned (not including summer or winter sessions), or the “I” will revert to an “F” on the student’s permanent record.

A student does not re-enroll in a course in which he or she received an “I”. The student will work independently with the instructor to complete the course requirements, including assignments, projects, and exams.

Due to the nature of the EMT course and the inherent difficulties in completing the course requirements outside of regular class sessions, an “Incomplete” grade will rarely be granted.

Educational Accessibility and Support

College of the Redwoods is committed to providing reasonable accommodations for qualified students who could benefit from additional educational support and services. You may qualify if you have a physical, mental, sensory, or intellectual condition which causes you to struggle academically, including but not limited to:

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Educational Accessibility and Support (continued)

- Mental health conditions such as depression, anxiety, PTSD, or bipolar disorder
- Common ailments such as arthritis, asthma, diabetes, autoimmune disorders, and diseases
- Temporary impairments such as a broken bone, recovery from significant surgery, or a pregnancy-related disability
- Neurodevelopmental disorders such as a learning disability, intellectual disability, autism, acquired brain injury, or ADHD
- Vision, hearing, or mobility conditions

Available services include extended test time, quiet testing environments, academic assistance and tutoring, through the LIGHT Center, counseling and advising, alternate formats of course materials (e.g., audio books, E-texts), assistive technology, learning disability assessments, approval for personal attendants, interpreters, priority registration, on-campus transportation, adaptive physical education and living skills courses, and more. If you believe you might benefit from disability- or health-related services and accommodations, please contact Student Accessibility Support Services (SASS). If you are unsure whether you qualify, please contact SASS for a consultation: sass@redwoods.edu

SASS phone numbers and office locations

- Eureka campus: 707-476-4280, Learning Resource Center (Library)
- Del Norte campus: 707-465-2353, Main Building, near the library
- Klamath-Trinity campus: 707-476-4280

Academic Integrity

In the academic community, the high value placed on truth implies a corresponding intolerance of scholastic dishonesty. In cases involving academic integrity, determination of the grade and of the student's status in the course is left primarily to the discretion of the faculty member. In such cases, where the instructor determines that a student has demonstrated a lack of academic integrity, the student may receive a failing grade for the assignment and/or exam and may be reported to the Chief Student Services Officer or designee.

The Student Code of Conduct (AP 5500) is available on the College of the Redwoods website. Additional information about the rights and responsibilities of students, Board policies, and administrative procedures is located in the 2025-2026 College Catalog and in the CR Board and Administrative Policies.

Artificial Intelligence (AI) Use Class Policy

There is no official CR policy on AI use. It is up to the instructor how they would like to address AI use in their courses. Given the nature of the EMT training program, AI will not likely be a useful student tool.

Disruptive Behavior

Student behavior or speech that disrupts the instructional setting will not be tolerated. Disruptive conduct may include, but is not limited to: unwarranted interruptions; failure to adhere to instructor's directions; vulgar or obscene language; slurs or other forms of intimidation; and physically or verbally abusive behavior. In such cases where the instructor determines that a student has disrupted the educational process, a disruptive student may be temporarily removed from class. In addition, the student may be reported to the Chief Student Services Officer or designee. The Student Code of Conduct (AP 5500) is available on the College of the Redwoods website. Additional information about the rights and responsibilities of students, Board policies, and administrative procedures is located in the 2025-2026 College Catalog and in the CR Board and Administrative Policies.

Inclusive Language in the Classroom

College of the Redwoods aspires to create a learning environment in which all people feel comfortable in contributing their perspectives to classroom discussions. It therefore encourages instructors and students to use language that is inclusive and respectful.

Canvas Information

Canvas is the College's learning management system platform. In this course I primarily use the Canvas Announcements, Grades, Files, and Inbox (email) features.

Accessing Canvas

Log into Canvas through the MyCR Portal at the top of the CR home page.

Once you're logged on to Canvas, you can click on the Help icon on the left menu.

Canvas online orientation "course": <https://redwoods.instructure.com/courses/6781>

Canvas Help System:

https://support.canvaslms.com/s/?c__role=student&c__accountId=001A000000KMmj5IAD

Setting your preferred name in Canvas

Students have the ability to display personal pronouns and an alternate first name in Canvas. Students may change their pronouns on their own in Canvas (Account - Settings - Edit Settings). To request a change to your preferred list name, contact Admissions & Records. Your preferred name will only be listed in Canvas; this does not change your legal name in our records. See the Student Information Update form link through the Admissions home page.

Communication Expectations

So that we can all stay up to date on potentially dynamic class conditions, I expect students to check for Canvas announcements or messages in their inbox at least twice weekly. This is very important.

If I request a reply from you, I expect acknowledgement of my message. If I am emailing a general announcement or message to the class, acknowledgement is appreciated but optional.

Students may generally expect me to respond to email messages within 24–48 hours.

Additional Student Tech Help

For help logging in to Canvas and general tech help, visit Student Technical Support:
<https://www.redwoods.edu/support.php>

The **student tech help desk** is located at the Eureka campus inside the CR Library. Students may drop in during open hours for in-person help. Students may also contact the Tech Help Desk by phone.

Hours: Monday – Thursday, 10 am – 4 pm. (Hours may vary due to available coverage.)
Phone: 707-476-4225

Course Policies

EMT students are expected to abide by the following course policies:

- A student may miss no more than **ten (10)** classroom hours in order to meet California EMT certification eligibility requirements. There will be no opportunity to “make up” any missed classroom hours. Substituting additional clinical hours for classroom hours is not allowed.
- There will be no opportunity to take a quiz at any time other than as designated in the course schedule. There will be no opportunity to “make up” a quiz.
- The use of electronic devices or other aids during a quiz or exam is prohibited, unless the device is part of a student’s specific disability accommodation. A student found to be using an unauthorized electronic device or other aid during a quiz or exam will earn a “zero” grade for the quiz or exam.
- A student who expects to receive an emergency message may leave his or her electronic device on “vibrate” or “silent” mode. The student is expected to notify the instructor beforehand of such a circumstance.
- The use of cell phones, including the camera function, text messaging, and other electronic devices during classroom time is prohibited, except with specific permission of the instructor. Such usage is distracting to the student, classmates, and instructor.

A student who utilizes such an electronic device during classroom time will be asked to leave the class for a period of time, beginning with 30 minutes and increasing at the instructor’s discretion for repeated usage. Such time will be subtracted from the total attendance time and may impact a student’s EMT certification eligibility.
- Distracting classroom behavior such as side conversations during lecture and inattention or horseplay during skills sessions will be treated according to the above policy.
- Use of tobacco, tobacco products (e.g., “chew”), and electronic cigarettes is not allowed on campus. Students must be free of an obvious odor of smoke about their person. This is to minimize the effects of third-hand smoke on the health of other students and instructors.

Students are expected to sign an agreement to abide by the course policies and the CR Student Code of Conduct.

EMT Clinical Observation – Overview

California regulations require a minimum of 24 hours of supervised clinical experience (ambulance and hospital emergency department observation time) as part of an EMT training program. This clinical observation is in addition to the classroom hours and will be scheduled separately. Clinical partners for this EMT training program are City Ambulance, Providence Redwood Memorial Hospital, and Providence St. Joseph Hospital. Clinical observation guidelines, including dress code and behavior standards, will be described in class. Students must wear an issued Student EMT identification badge during clinical observation.

California regulations also require ten documented patient contacts as part of an EMT training program. The method and format for this documentation will be described in class.

Submission of a copy of BLS CPR certification, proof of immunity, and background check clearance is required prior to clinical observation shifts.

Deadline for submission of BLS CPR card copy, all proof of immunity (including tuberculosis test results), and ordering the background check is Monday, September 15 at 5:30 p.m.

If a student fails to meet the requirements by the deadline, he or she will not be allowed to complete clinical observation shifts and will therefore be ineligible for EMT certification.

The student may participate in the rest of the course and receive a final grade.

CPR Information

California regulations require that a student hold CPR certification at the healthcare provider level prior to entering an EMT training program. The local EMS agency is currently allowing EMT students to obtain their CPR certification shortly after entering the EMT training program. The EMT training program at College of the Redwoods requires that a student have current CPR certification prior to participating in clinical observation shifts.

Per state regulations for EMT training programs, acceptable CPR certification courses must include the following components: adult, child, and infant CPR and foreign body airway obstruction; AED; use of the pocket mask and bag valve mask; and both skills and written testing.

Online-only CPR courses are not acceptable.

Acceptable CPR certification includes:

- AAOS Professional Rescuer CPR
- *American Heart Association* BLS (Basic Life Support) for Healthcare Professionals
- *American Red Cross* CPR for Healthcare Providers
- *American Safety and Health Institute* BLS for Healthcare Providers
- *CalFire* BLS CPR/AED
- *Medic First Aid* Basic Life Support for Professionals

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CPR Information (continued)

CPR certification that does **not** meet the requirement includes:

- *American Heart Association Heartsaver CPR*
- *American Red Cross Adult CPR or Standard First Aid*
- *American Safety and Health Institute Adult, Child, and Infant CPR and AED*
- *Medic First Aid Adult CPR*

Local resources for obtaining acceptable CPR certification include:

- Kiser CPR & First Aid
505 H Street, Eureka (530-607-6979)
www.kisercpr.com
(Also BLS courses in their Redding and Medford offices.)
- Northern California Safety Consortium
1619 California Street, Eureka (707-407-0334)
www.norcalsafety.com
(Click on 'Training Schedule' at the bottom of the page. Look at 'AHA BLS Provider CPR Initial' or 'AHA BLS Provider CPR Renewal' if you have previous certification.)

Please also be aware that many public CPR courses offered by local Fire Departments are at the layperson level and do not meet EMT training requirements. Be sure to confirm the CPR course level prior to signing up.

The deadline for turning in a copy of acceptable CPR certification is Monday, September 15 at 5:30 p.m.

10-Panel Urine Drug Screen

Our clinical partners have dropped the requirement for a 10-panel urine drug screen prior to participating in clinical learning.

Sobriety, both in class and during clinical observation shifts, is still an expectation.

Background Check

College of the Redwoods' hospital clinical partners require that EMT students clear a background check in order to participate in clinical observation. This background check is at the student's expense. The EMT program utilizes a specific background check company. Further information regarding this background check will be provided during the first class session.

A student who receives an "alert" on the background check must submit relevant court paperwork, a short personal statement, and other documentation (such as verification of completion of an alcohol recovery treatment program) as instructed for individual review. Final determination of the student's eligibility to participate in clinical observation will be at the discretion of the instructor. Clearance must be obtained prior to clinical observation.

The deadline for ordering the background check is Monday, September 15 at 5:30 p.m.

Proof of Immunity Information

The following proof of immunity is required by CR's clinical partners for EMT student clinical observation:

- COVID-19 vaccination *2025-2026 vaccine, when available.*
- Hepatitis B (HBV) *At least the first vaccination or blood titer showing immunity.*
- Influenza vaccination *2025-2026 vaccine, when available.*
- Measles, mumps, rubella (MMR) *Two vaccinations or blood titer showing immunity.*
- Tetanus, diphtheria, pertussis (TDaP or DTap) *Vaccination within the past ten (10) years.*
- Varicella (chicken pox) (VZV) *Two vaccinations or blood titer showing immunity.
Immunization records indicating "Had disease" are **not** acceptable.*
- A negative tuberculosis skin test (TST) *Results within the past year.*

* Note: Tuberculosis skin testing (also called PPD) requires *two* clinic visits – one visit for the initial skin test and one to have the test results read (2-3 days later). Students who fail to return for the second visit will need to repeat the test.

The test must be read by the stated deadline.

* Note: QuantiFERON®-TB Gold or other approved blood test results are also acceptable.

* Note: The CR Health Occupations Department has an established procedure for students who have previously had a positive TST. Please contact the instructor for more information.

Any required vaccination or testing is at the student's expense where applicable.

Resources for obtaining proof of immunity include:

- Humboldt County Public Health Department
529 I Street, Eureka 707-445-6200
- Local pharmacies (Costco, CVS, Rite-Aid, Walgreens, etc.)
** Note: Documentation must show that student received the vaccination, not just "waiting" or "paid" for the vaccination.*
- The student's private physician or other primary care provider
** Note: Obtaining personal medical records may involve signing a medical release form; paperwork may be completed electronically. Please ensure that any paperwork received is on medical office letterhead and clearly shows the student's name and date of relevant medical information.*
- Elementary or other school records
- Military records
- The California Immunization Registry (CAIR)

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Proof of Immunity Information (continued)

Students should give a copy of proof of immunity directly to the instructor. Separate copies for individual immunizations are acceptable.

*The deadline for turning in all proof of immunity is **Monday, September 15 at 5:30 p.m.***

Students who fail to provide a copy of CPR certification and all proof of immunity and to order the background check by Monday, September 15 at 5:30 p.m. will not be allowed to complete clinical observation shifts and will therefore be ineligible for EMT certification.

Such students may still remain in the course and receive a final grade.

Please communicate with the instructor well before the deadline if there are any questions or concerns about meeting these requirements.

California Community College Student Health and Wellness

Health and wellness are essential to student success. Balancing academics with physical and mental well-being helps you stay focused, energized, and resilient.

Resources, tools, and trainings regarding health, mental health, wellness, basic needs, and more designed for California community college students, faculty, and staff are available on the **California Community Colleges Health & Wellness** website:

<https://www.cccstudentmentalhealth.org/health-wellness-for-students/>

Wellness Central is a free online health and wellness resource that is available 24/7 in your space at your pace:

https://ccconlineed.instructure.com/courses/1895?cf_id=2248

TimelyCare allows students to schedule a physical or mental health appointment anytime via phone, video, and chat. To download the free app, search “TimelyCare” in your app store. Then, register with your student email to access your health care services.

<https://app.timelycare.com/auth/login>

Mental health counseling is available on the College of the Redwoods Eureka campus and virtually. Students should text, email, or fax Shawna Bell directly for scheduling and/or services.

Text: 707-496-2856

Email: shawnabmft@gmail.com

Fax: 707-237-2318 (voicemail can be left via fax)

Da'luk Counseling Services focuses on delivering culturally-informed care to promote self-awareness, resiliency, and a sense of security and stability. Da'luk offers one-on-one counseling, group therapy, prevention treatment and recovery support, and more. Contact Vincent Feliz, ASW (Chumash) for more information.

Phone: 707-445-8451

Email: vincentf@ncidc.org

College of the Redwoods Student Support Services

College of the Redwoods wants you to succeed! The following are some of the many support services and activities available to you at CR. Please let your instructor know about any specific challenges or technology limitations that might affect your participation in class.

Counseling and Advising can assist students in need of academic advising and professional counseling services. Call, email, or stop by the Eureka office to make an appointment.

Location: Student Services Building, first floor

Phone: 707-476-4150

Email: counseling@redwoods.edu

(Other office locations on the Del Norte and Klamath-Trinity campuses.)

Students who have verified health conditions or disabilities are eligible to receive educational services and support courses through **Student Accessibility Support Services (SASS)** (formerly DSPS). Students wanting academic accommodations and/or services must request them from the SASS program in a timely manner by completing an Application for Accommodations.

Location: Library/Learning Resource Center (in the left back corner)

Phone: 707-476-4280

Email: SASS@redwoods.edu

Within SASS, the ***LIGHT Center*** provides learning disabilities assessment as well as Individualized and small group instructional support for students needing academic assistance. Assessments are completed by Learning Disability Specialists who, based on a student's learning profile, may make recommendations for accommodations.

The ***Library/Learning Resource Center (LRC)*** includes the following resources for students:

- The ***Academic Support Center*** for instructional support, free in-person and online tutoring, learning resources, and proctored exams. (707-476-4154)
- ***Library Services*** to promote information literacy and provide organized information resources. (707-476-4260)
- Internet access and computer use
- Printing and photocopying services via PaperCut
Go to: <https://print.redwoods.edu>
Use your CR user name and password to login. Add money to your account using cash (no credit/debit at this time) at the Add Cash Value station in the library.
See the Library website for more information.
- Pick up online CR Bookstore orders at the ***Campus Store*** in the LRC lobby.
(You may also have Bookstore orders delivered straight to your home.)
Hours: Monday – Thursday, 10 am – 3 pm. Friday closed.
LRC front desk: 707-476-4130

(continued)

College of the Redwoods Student Support Services (continued)

The LRC also houses the **Multicultural & Equity Center (MEC)**. “The MEC is a dynamic and inclusive place that supports all students in their academic and personal journeys at the college. We do this by creating community, home away from home, and a safe place for cultural expression, cross-cultural learning, access to college and dignity resources, and social justice work opportunities. The MEC is committed to retention and student success by offering activities related to leadership development, student connectedness and student equity. We are a student-centered program that fosters respect for all people.”

Location: LRC 102

Phone: 707-476-4255

View the website for clubs, activities, and resources.

The mission of the **Basic Needs Center** is to improve retention, success, and completion rates for College of the Redwoods students who are housing and food insecure by increasing access to basic needs through collaborative and data-driven approaches.

The Basic Needs Center provides an on-campus **Food Pantry**, Cal-Fresh application assistance, housing support for homeless students, transportation assistance, school supplies, hygiene supplies and access, wellness supplies and education, prevention education, and referrals. Students can more readily participate in their education without the burden of basic needs insecurity. This inclusivity contributes to a more supportive and welcoming environment for students from various backgrounds and circumstances. It addresses not only physical needs but also promotes overall well-being and a sense of belonging.

Students can request support by filling out the Basic Needs Request form found on the Basic Needs Center website.

Location: Mendocino Lounge, between Student Services and Housing

Phone: 707-476-4153

Email: retention@redwoods.edu

The **Veterans Program** and campus **Veterans Resource Center** provide support and facilitate academic success for Active Duty Military, Veterans, and Dependents attending CR through relational advising, mentorship, transitional assistance, and coordination of military and Veteran-specific resources such as VA Education Benefits. The VRC is a one-stop shop, allowing students to utilize many services.

Location: Student Services Building, first floor, Room SS-109.

Phone: 707-476-4110

Special programs are available for eligible students and include:

- **California Work Opportunity & Responsibility to Kids (CalWORKS)** program is a state-funded Welfare-to-Work initiative designed to assist parenting students with children under the age of 18 who are receiving cash assistance (TANF). The goal of the program is to help students become self-sufficient while attending college. Students receive specialized academic advising/counseling, assistance with transportation, support with school supplies, and referrals to supportive services. (707-476-4581)

(continued)

College of the Redwoods Student Support Services (continued)

- *Extended Opportunity Programs & Services (EOPS)* is a state-funded program that supports income-disadvantaged students with financial aid and encouragement. (707-476-4270)
- *Cooperative Agencies Resources for Education (CARE)* supplements EOPS by assisting single parents in achieving academic and career goals.
- *NextUp* helps current and former foster youth in community colleges with resources like financial aid for books, transportation, tutoring, and food assistance.
- *TRiO Support Services* is a multi-faceted support services program that helps qualified students overcome higher education barriers. TRiO is funded by a grant from the U.S. Department of Education. Services offered include academic advising and counseling, academic and personal support, financial aid support, and assistance with transferring to a 4-year university. (707-476-4134)
- The *Native American Student Support and Success Program* at College of the Redwoods provides holistic support and mentorship for Native American students in their academic, social, and cultural development. This program works closely with all student support services and student clubs to host community-building events, host tribal elders in residence, and provide culturally relevant services. Academic advising, access to resources, and community is available to Native American students at all locations. (707-476-4104)

Emergency Procedures for the Eureka Campus

The CR Public Safety emergency line is 707-476-4111.

The College of the Redwoods Campus Safety Officers provide safety for persons and property on campus, respond to emergency situations, assist in medical emergencies and other related safety needs, as well as enforce campus parking regulations. Campus Safety Officers have the authority to ask persons for identification and to determine whether individuals have lawful business at College of the Redwoods. Campus Safety Officers have the authority to issue parking citations.

For more information on Campus Safety go to the website:

<https://www.redwoods.edu/about/security>

Location: Administration of Justice building, Room 100

Phone: 707-476-4112 (non-emergency phone, business hours only)

Email: campus-safety@redwoods.edu

College of the Redwoods has implemented an emergency alert system called Regroup.

In the event of an emergency on campus you will receive an alert through your personal email and/or phones. Registration is not necessary in order to receive emergency alerts.

Check to make sure your contact information is up-to-date by logging into WebAdvisor (<https://webadvisor.redwoods.edu>) and selecting 'Students' then 'Academic Profile' then 'Contact Information Update.'

(continued)

Emergency Procedures for the Eureka Campus (continued)

In the event of an emergency:

1. Evaluate the impact the emergency has on your activity/operation and take appropriate action.
2. Dial 911 to notify local agency support such as law enforcement or fire services.
3. Notify Public Safety at 707-476-4111 and inform them of the situation, with as much relevant information as possible.
4. Public Safety shall relay threat information, warnings, and alerts through the Regroup emergency alert system, public address system, and when possible, updates on the college website, to ensure the school community is notified.
5. Follow established procedures for the specific emergency as outlined in the College of the Redwoods Emergency Procedure Booklet, (evacuation to a safe zone, shelter in place, lockdown, assist others if possible, cooperate with First Responders, etc.).
6. If safe to do so, notify key administrators, departments, and personnel.
7. Do not leave campus, unless it is necessary to preserve life and/or has been deemed safe by the person in command.

In an emergency that requires an evacuation of the building anywhere in the District:

- Be aware of all marked exits from your area and building.
- Once outside, move to the nearest evacuation point outside your building,
- Keep streets and walkways clear for emergency vehicles and personnel.
- Do not leave campus, unless it has been deemed safe by the campus authorities.
(CR's lower parking lot and Tompkins Hill Rd are within the Tsunami Zone.)

Please review the campus evacuation map for evacuation sites, including the closest site to this classroom (posted by the exits). The **Eureka campus emergency map** is available at: www.redwoods.edu/locations/eureka.php (Scroll down to click on "Emergency Map")

Good information, clear expectations, and intentional communication will help you be successful in this EMT training program. Please let me know about any specific needs or challenges that might affect your participation in the course this semester. Your success is important to me.

COLLEGE OF THE REDWOODS
HEALTH OCCUPATIONS DEPARTMENT
EMERGENCY MEDICAL TECHNICIAN
HO-159-E9499

FALL 2025

BLS CPR card copy, all proof of immunity, and background check order
required by Monday, September 15 at 5:30 pm.

*** Please note: The following schedule and procedures are subject to change in the event of extenuating circumstances.**

(Reading assignments from Emergency Care, Limmer & O’Keefe, 14th Edition, unless otherwise indicated)

Reading Assignment

Monday, August 25

Course introduction
Syllabus review

HO 159 syllabus

Due Wednesday, August 27 at 5:30 pm

Assignment

“Who Am I & Why Am I In This EMT Class?”

(Instructions will be given in class)

Wednesday, August 27

*** “Who Am I...” assignment due ***

Syllabus review (continued)
Introduction to Emergency Medical Services

Chapter 1

Monday, September 1

LABOR DAY HOLIDAY

Wednesday, September 3

Well-Being of the EMT
Introduction to skills lab and instructors
Airway Management
Respiration and Artificial Ventilation
Skills practice: Airway adjuncts & suction
Oxygen administration

Chapter 2

Chapter 9
Chapter 10

Friday, September 5

Last day to drop without a “W” and receive a refund

Monday, September 8

Quiz #1: Chapters 1, 2, 9, 10 (*as covered in class*)

Lifting and Moving Patients

Medical, Legal, and Ethical Issues

Principles of Pathophysiology [*Emphasis on the airway and lungs*]

Chapter 3

Chapter 4

Chapter 7

Wednesday, September 10

Skills practice: *Airway and oxygen skills*

Positive pressure ventilation using bag-valve-mask

Due Monday, September 15 at 5:30 pm

BLS CPR card copy, all proof of immunity (including tuberculosis *results*), and background check order.

Due Monday, September 15 at 5:30 pm

Student workbook assignment

Chapter 5: Medical Terminology

Chapter 6: Anatomy and Physiology

Chapter 8: Life Span Development

*** Please note: This assignment is worth 3 classroom hours. ***

Monday, September 15

*** Clinical observation requirements due ***

*** Student workbook assignment due ***

Quiz #2: Chapters 3, 4, 7 (*airway & lungs*), 9, 10

Scene Size-Up

Primary Assessment

Vital Signs and Monitoring Devices

Principles of Assessment

Secondary Assessment

Reassessment

Communication and Documentation

Chapter 11

Chapter 12

Chapter 13

Chapter 14

Chapter 15

Chapter 16

Chapter 17

Wednesday, September 17

Skills practice: *Airway/oxygen/ventilation skills*

SAMPLE history

Due Monday, September 22 at 5:30 pm

Prescribed Inhaler worksheet

*** Please note: This assignment is worth 10 classroom minutes. ***

Monday, September 22

*** Prescribed Inhaler worksheet due ***

Quiz #3: Chapters 11, 12, 13, 14, 15, 16, 17

Clinical observation guidelines

General Pharmacology

Respiratory Emergencies

HO Syllabus

Chapter 18

Chapter 19

Wednesday, September 24

Skills testing: *Airway/Oxygen/Ventilation skills*
Skills practice: *Vital signs*
 Patient assessment & management – respiratory

Friday, September 26

Clinical observation shifts begin

BLS CPR card copy, all proof of immunity (including tuberculosis test results), and background check order required by 9/15 deadline. Background *clearance* required prior to clinical shifts.

Due Monday, September 29 at 5:30 pm

Aspirin & Nitroglycerin worksheets

* Please note: This assignment is worth 20 classroom minutes. *

Monday, September 29

* Aspirin & Nitroglycerin worksheets due *

Quiz #4: Chapters 18, 19

Principles of Pathophysiology [Emphasis on the cardiopulmonary system]

Chapter 7

Cardiac Emergencies

Chapter 20

Wednesday, October 1

Resuscitation

Chapter 21

Skills testing: *Airway/Oxygen/Ventilation skills*

Skills practice: *Interfacing with advanced airway equipment*

Cardiac arrest management/AED

Monday, October 6

Quiz #5: Chapters 7 (cardiopulmonary system), 20, 21

North Coast EMS policies: End of Life Care (DNR) & BLS Determination of Death

Principles of Pathophysiology [Emphasis on shock]

Chapter 7

Shock

Chapter 29

Wednesday, October 8

Skills practice: *Cardiac arrest management/AED*

Patient assessment & management – cardiac

Due Monday, October 13 at 5:30 pm

ABCs Differential Diagnosis worksheet

* Please note: This assignment is worth 3 classroom hours. *

Monday, October 13

* ABCs Differential Diagnosis worksheet due *

Quiz #6: Chapters 7 (shock), 21, 29 (shock), End of Life Care (DNR) & BLS Determination of Death

Scene Size-Up / Mechanism of Injury

Chapter 11

Bleeding

Chapter 29

Soft-Tissue Trauma

Chapter 30

Wednesday, October 15

Skills testing: *Cardiac arrest management/AED*
 Bleeding control/shock management

Monday, October 20

Quiz #7: Chapters 11, 29, 30

Chest Trauma

Chapter 31

Abdomen Trauma

Chapter 31

Wednesday, October 22

Skills practice: *Physical exam*
 Patient assessment & management - trauma

Sunday, October 26**8:00 a.m. – 12:00 p.m.**

EMS Operations

Chapter 38

Highway Safety and Vehicle Extrication

Chapter 40

Soft-tissue injury management

1:00 – 5:00 p.m.

Trauma drills

Tactical Casualty Care (TCC)

Monday, October 27

Quiz #8: Chapter 30, 31, 38, 40

Musculoskeletal Trauma

Chapter 32

Trauma to the Head

Chapter 33

Wednesday, October 29

Skills practice: *Helmet removal*
 Immobilization skills – long bone & joint injury
 Traction splinting

Friday, October 31

Last day to drop a class, without a refund, and receive a “W”

Monday, November 3

Quiz #9: Chapters 32, 33 (*head trauma*)

Trauma to the Neck and Spine

Chapter 33

Multisystem Trauma

Chapter 34

Environmental Emergencies

Chapter 35

Wednesday, November 5

Skills practice: *Immobilization skills – long bone & joint injury*
 Traction splinting

Monday, November 10

Quiz #10: Chapters 33 (*neck & spine trauma*), 34, 35

Altered Mental Status

Chapter 22

Due Wednesday, November 12 at 5:30 pm

FEMA online course completion certificates

See class handout for further information.

*** Please note: This assignment is worth 6.5 classroom hours. ***

Wednesday, November 12

*** Three online FEMA course completion certificates due ***

Skills testing: ***Immobilization skills – long bone & joint injury***
 Traction splinting

Skills practice: ***Spinal motion restriction (SMR)***

Sunday, November 16

8:00 a.m. – 12:00 p.m.

Hazardous Materials, Multiple-Casualty Incidents, and Incident Management
EMS Response to Terrorism

Chapter 39

Chapter 41

1:00 – 5:00 p.m.

MCI drill

Due Monday, November 17 at 5:30 pm

Oral Glucose & Epinephrine Auto-Injector worksheets

*** Please note: This assignment is worth 20 classroom minutes. ***

Monday, November 17

*** Oral Glucose & Epinephrine Auto-Injector worksheets due ***

Quiz #11: Chapters 22, 39, 41

Diabetic Emergencies

Chapter 22

Allergic Reaction

Chapter 23

Infectious Disease and Sepsis

Chapter 24

Wednesday, November 19

Skills testing: ***Immobilization skills – long bone & joint injury***
 Traction splinting

Skills practice: ***Spinal motion restriction (SMR)***

Monday, November 24

FALL BREAK

Wednesday, November 26

FALL BREAK

Due Monday, December 1

Activated Charcoal & Naloxone worksheets

*** Please note: This assignment is worth 20 classroom minutes. ***

Acute Abdomen Differential Diagnosis worksheet

*** Please note: This assignment is worth 3 classroom hours. ***

Monday, December 1*** Activated Charcoal & Naloxone worksheets due ****** Acute Abdomen Differential Diagnosis worksheet due *****Quiz #12:** Chapters 22, 23, 24

National Registry of EMTs certification information

Poisoning and Overdose Emergencies

Chapter 25

Abdominal Emergencies

Chapter 26

Obstetric and Gynecologic Emergencies – Part 1

Chapter 36

Wednesday, December 3

Demo final skills exam: Patient assessment & management – trauma & medical

Skills testing: *Emergency childbirth**Spinal motion restriction (SMR)***Sunday, December 7****Clinical observation shifts end****Clinical paperwork, including five patient care reports, due Monday, December 8 at 5:30 pm.****Monday, December 8***** Clinical paperwork due *****Quiz #13:** Chapters 25, 26, 36 (*part 1*)

California EMT certification information

Obstetric and Gynecologic Emergencies – Part 2

Chapter 36

Behavioral and Psychiatric Emergencies and Suicide

Chapter 27

Hematologic and Renal Emergencies

Chapter 28

Emergencies for Patients with Special Challenges

Chapter 37

Wednesday, December 10**Skills testing:** *Any “make-up” skills testing***Skills practice:** *Patient assessment & management – trauma & medical***Medical skills:** *Use of a glucometer and finger stick blood glucose testing - demonstration**Administration of medications including epinephrine auto-injector & naloxone***Due Monday, December 15 at 5:30 pm****Take-home quiz**Take-home Quiz #14: Chapters 27, 28, 36 (*Part 2*), 37**Monday, December 15 5:30 – 9:45 pm***** Take-home Quiz #14 due ***

Course final written exam

Final skills exam practice: Patient assessment & management – trauma & medical

Exam grading and review

Wednesday, December 17 5:30 – 9:45 pm**Final skills testing:** *Patient assessment & management – trauma & medical*

Turn in completed skills testing packet

*** Note: The above schedule and procedures are subject to change in the event of extenuating circumstances.**