

## **Course Objectives/Course Outline**

### **Spokane Community College**

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**Course Title: Safety, Health, and Wellness for Emergency Services**  
**Prefix and Course Number: FS 109**

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#### **Course Learning Outcomes:**

**By the end of the course, a student should be able to:**

- Understand the significance of occupational health and safety.
- Describe and analyze the components of risk identification, risk evaluation, and incident management.
- Describe the need for safety in the workplace
- Demonstrate health and wellness activities
- Advocate for safety and wellness practices.

#### **Course Outline**

##### **I. Introduction**

- A. History of Occupational Safety and Health in Industry
- B. History of Occupational Safety and Health in Emergency Service Organizations
- C. Identification of Safety Problems
- D. Review of National Injury Statistics
- E. National, State, and Private Organizations Involved with Occupational Safety and Health

##### **II. Safety-Related Regulations and Standards**

- A. Regulations versus Standards
- B. Federal Regulations Pertaining to Occupational Safety and Health
- C. NFPA Standards Pertaining to Occupational Safety and Health

##### **III. Risk Management**

- A. Risk Evaluation
- B. Risk Control

##### **IV. Safety Program Development and Management**

- A. Essential Elements
- B. Setting Goals and Objectives
- C. Cost/Benefit Analysis
- D. Training
- E. Developing Standard Operating Procedures
- F. Collecting Data
- G. Publishing Health and Safety Information
- H. Evaluating the Results

##### **V. Employee Fitness/Wellness Programs**

- A. Hazards Faced
- B. Organizational Development
- C. Employee Acceptance
- D. Medical Examinations
- E. Physical Fitness
- VI. Pre-Incident Safety
  - A. Hazards Faced
  - B. Station Safety
  - C. Apparatus Safety
  - D. Response Safety
  - E. Pre-Incident Planning
- VII. Safety at Fire Emergencies
  - A. Hazards Faced
  - B. Incident Priorities and Safety
  - C. Incident Management Systems
  - D. Accountability
  - E. Rapid Intervention
  - F. Rehabilitation
- VIII. Safety at EMS Emergencies
  - A. Hazards Faced
  - B. Infection Control
  - C. Personal Protective Equipment
  - D. Incident Management Systems
  - E. Scene Safety
- IX. Safety at Specialized Incidents
  - A. Hazards Faced
  - B. Safety at Hazardous Materials Incidents
  - C. Safety at Technical Rescue Incidents
  - D. Safety at Terrorism Incidents
  - E. Safety at Natural Disasters
- X. Post-Incident Safety Management
  - A. Incident Termination
  - B. Post-Incident Analysis
  - C. Critical Incident Stress Management
- XI. Personal Roles
  - A. Individuals
  - B. Supervisors
  - C. Managers
  - D. Incident Commanders
  - E. Safety Officers
  - F. Safety Program Managers
  - G. Safety Committees
- XII. Making It Happen

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- A. Determining, Measuring, and Showcasing the Benefits
  - B. Selling Management
  - C. Selling Employees
- XIII. Fire and Life Safety Initiatives