

UW Health Northern Illinois/SwedishAmerican Hospital

EMT Class – Rockford Fire Boot Camp

December 9, 2024 – January 24, 2025

Class meets 8:00 am to 5:00 pm (7 classroom hours, 1 hour self-study, 1 hour break)

Date	Subject/Chapter	Skills/Activities	Homework Due	D	P	T
Monday 12/9/2024	Class Intro and Orientation Ch 1 – EMS Systems	Review handbook Sign documentation Lecture	Ch 1 Pretest due at 5 pm	7		
Tuesday 12/10/2024	Ch 3 – Medical, Legal & Ethical Issues Ch 4 – Communication and Documentation Ch 5 – Medical Terminology	Lecture Lab: Lego drill Written report review Silhouette Bingo cards	Ch 3-5 – Read and workbook Ch 3-5 – Pretest due at 9 am	4	3	
Wednesday 12/11/2024	Ch 6 – The Human Body Ch 6 – Lab Ch 7 – Lifespan/ Stages of Development	Lecture Lab: Skeleton and cards Skinless Sam (internal organs)	Ch 6/7 – Read and workbook Ch 6/7 – Pretest due at 9 am	4	3	
Thursday 12/12/2024	Ch 2 – Workforce Safety and Wellness Ch 8 – Lifting and Moving Ch 8 – Lab Ch 1-8 Review	Lecture Lab: C-Collar Backboard (long) Cot Stair Chair Pelvic Binder KED Splints (Extremity) Traction Splints	Ch 2/8 – Read and workbook Ch 2/8 – Pretest due at 9 am	5	2	
Friday 12/13/2024	Study Day					
Monday 12/16/2024	Section 1 Exam Workbook due for Ch 1-8 Ch 10 – Patient Assessment Ch 10 - Lab	Exam Review Lecture Lab: GFAST SMO Pulse Oximetry Rad 57 Lung sounds BP cuff Penlight Capnography Glucometer	Ch 10 – Read and workbook Ch 10 – Pretest due at 9 am	3	3	1

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Tuesday 12/17/2024	Section 2 Exam Workbook due for Cp 10 Ch 11 – Airway Management Ch 11 – Airway Lab	Exam Review Lecture Lab: Manikins Airway kit SPO2 meter Suction devices Nasal & oral airways Kings & IGEL airways Bag-Valve-Mask CPAP Oxygen Monitor NG/OG tube	Ch 11 – Read and workbook Ch 11 – Pretest due by 9 am	3	3	1
Wednesday 12/18/2024	Section 3 Exam Workbook due for Ch 11 Ch 12 – Pharmacology Ch 12 – Lab Ch 13 - Shock	Exam Review Lecture Lab: Drug box Nebulizer Oranges for IM Injection drill Mad device Benadryl oral Zofran oral Nitro sublingual Epi auto injector Narcan Oral Glucose Shock SMO	Ch 12/13 – Read and workbook Ch 12/13 – Pretest due by 9 am	5	2	
Thursday 12/19/2024	Section 4 Exam Workbook due for Ch 12 Ch 15 – Medical Overview Ch 16 – Respiratory Emergencies Ch 15/16 - Lab	Exam Review Lecture Lab: Capnography DuoNeb nebulizer Albuterol Kings and IGEL airways Airway model	Ch 15/16 – Read and workbook Ch 15/16 – Pretest due by 9 am	4	2	1
Friday 12/20/2024	Study Day/Clinical Hours	Clinicals begin				

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Monday 12/23/2024	CPR Class Ch 14 – BLS Resuscitation Ch 17 – Cardiovascular Emergencies	<p>AHA Certification with AED for Healthcare Providers</p> <p>Lab: Mechanical CPR device Choking Aspirin Nitro</p>	Ch 14/17 – Read and workbook Ch 14/17 – Pretest due by 9 am	3	4	
Tuesday 12/24/2024	Study Day/Clinical Hours					
Wednesday 12/25/2024	Off - Christmas					
Thursday 12/26/2024	<p>Section 5 Exam Workbook due for Ch 13/14</p> <p>Ch 18 – Neurological Emergencies Ch 19 – Gastrointestinal and Urologic Emergencies</p>	<p>Exam Review</p> <p>Lecture</p> <p>Lab: Heart/lung dissection lab Stroke SMO GFAST Zofran</p>	Ch 18/19 – Read and workbook Ch 18/19 – Pretest due by 9 am	3	3	1
Friday 12/27/2024	Study Day/Clinical Hours					
Monday 12/30/2024	Ch 20 – Endocrine and Hematological Emergencies Ch 21 – Allergies and Anaphylaxis	<p>Lecture</p> <p>Lab: Glucometer Glucagon Epinephrine Benadryl</p>	Ch 20/21 – Read and workbook Ch 20/21 – Pretest due by 9 am	4	3	
Tuesday 12/31/2024	Study Day/Clinical Hours					
Wednesday 1/1/2025	Off – New Year’s Day					
Thursday 1/2/2025	Ch 22 – Toxicology Ch 23 – Behavioral Emergencies Ch 24 – Gynecological Emergencies	<p>Lecture</p> <p>Lab: Mark I Kit Narcan Restraints Birthing Manakin</p>	Ch 22/23/24 – Read and workbook Ch 22/23/24 – Pretest due by 9 am	4	3	

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Date	Subject/Chapter	Skills/Activities	Homework Due	D	P	T
Friday 1/3/25	Section 6 Exam Workbook due for Ch 15-24 Ch 25 – Trauma Ch 26 – Bleeding Control Ch 27 – Soft Tissue Injuries	Exam Review Lecture Lab: Routine Trauma SMO Direct Pressure	Ch 25/26/27 – Read and workbook Ch 25/26/27 – Pretest due by 9 am	5	1	1
Monday 1/6/2025	Ch 28 – Face and Neck Injuries Ch 29 – Head and Spine Injuries Ch 28/29 – Lab	Hemostatic gauze Tourniquets Wound packing C collar Suction unit V-Vac Bandaging	Ch 28/29 – Read and workbook Ch 28/29 – Pretest due by 9 am	5	2	
Tuesday 1/7/2025	Ch 30 – Chest Injuries Ch 31 – Abdominal and Genitourinary Injuries Ch 32 – Orthopedic Injuries	Lecture Lab: Chest seal	Ch 30/31/32 – Read and workbook Ch 30/31/32 – Pretest due by 9 am	6	1	
Wednesday 1/8/2025	Ch 30/31/32 – Orthopedic Lab Ch 33 – Environmental Emergencies Ch 25-33 Review	Lecture Lab: Splinting – long bone, joint, traction Pelvic binder Moulage scenarios Jeopardy Review	Ch 33 – Read and workbook Ch 33 – Pretest due by 9 am	2	5	
Thursday 1/9/2025	Section 7 Exam Ch 25-33 Workbook due Ch 34 – Obstetrics and Neonatal Care Ch 37 – Patients with Special Challenges	Exam Review Lecture Lab: Birthing manikin OB Kit Peds manikin Trach Care	Ch 34/37 – Read and workbook Ch 34/37 – Pretest due by 9 am	4	2	1
Friday 1/10/2025	Study Day/Clinical Hours			4	2	1
Monday 1/13/2025	Ch 35 – Pediatric Emergencies Ch 36 – Geriatric Emergencies	Lecture Lab: Spinal Restriction Airway for Peds	Ch 35/36 – Read and workbook Ch 35/36 – Pretest due by 9 am	4	3	

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Tuesday 1/14/2025	Section 8 Exam Ch 34-37 Workbook due Ch 38 - Transport Operations Ch 39 – Vehicle Extrication and Special Rescue	Exam Review Lecture Lab: Ambulance for demo	Ch 38/39 – Read and workbook Ch 38/39 – Pretest due by 9 am	4	2	1
Wednesday 1/15/2025	Ch 40 – Incident Management Ch 41 – Terrorism Response and Disaster Management	Lecture Lab: ERG book START/JumpSTART Triage Scenarios Section 9 Review	Ch 40/41 – Read and workbook Ch 40/41 – Pretest due by 9 am	6	1	
Thursday 1/16/2025	Section 9 Exam Ch 38-41 Workbook due Ch 9 – Team Approach to Healthcare	Exam Review Lecture Lab: SMOs Medication charts Broselow tape		3	3	1
Friday 1/17/2025	Study Day/Clinical Hours					
Monday 1/20/2025	Off Martin Luther King Day			3	3	1
Tuesday 1/21/2025	Section 10 Exam Ch 9 – Skills practice	Exam Review Lab: Hands on all equipment	Ch 9 – Read and workbook Ch 9 – Pretest due by 9 am	1	5	1
Wednesday 1/22/2025	Review Review Lab	Review course quizzes		3.5	3.5	
Thursday 1/23/2025	Final Practical Exam	Practice quiz and review – 200 questions		3.5		3.5
Friday 1/24/2025	Review Final Written Exam	Graduation		3.5		3.5
			TOTAL	106.5	64.5	18

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Total time for EMT Course: 106.5 hours Didactic
 64.5 hours Psychomotor
 18 hours Testing
 10.5 hours Online Study (41 chapters x 30 minutes each)
 41 hours Independent Study (41 chapters x 1 hour each)
 40 hours Clinical (20 hospital/20 ride time)
 280.5 Total Hours