

Emergency Medical Assistant (EMA) Training

Master essential skills to handle medical emergencies and trauma, designed for first responders and healthcare professionals.

Health Instructor: Michael Brooks • 5 sections • 55 lessons • 16.25h total

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About this course

In critical moments, the actions of an Emergency Medical Assistant can save lives. This course addresses the need for trained individuals who can respond confidently to emergencies, from cardiac events to trauma scenes, within the fast-paced EMS system. You'll learn through clear video lessons and real-world case studies that prepare you for actual field situations.

The course covers everything from basic life support and medical assessments to advanced trauma care and incident management. You'll practice step-by-step techniques in skills-lab videos, analyze scenarios involving different patient demographics, and gain knowledge aligned with 2026 protocols. By the end, you'll be ready to provide effective initial care and support larger emergency teams.

Course curriculum

Foundations of Emergency Medical Response

- **Understanding the EMA Role and Legal Responsibilities (15m)**
Learn the scope of practice for an EMA, including ethical duties and legal protections in emergency care.
- **How the EMS System Works: Teams and Integration (12m)**
Explore how EMAs collaborate with paramedics, nurses, and physicians within the emergency response framework.
- **Essential Medical Terminology for Quick Communication (18m)**
Build a foundation in key medical terms used in emergencies, focusing on clarity and speed.
- **Human Body Systems Overview for Emergency Assessment (20m)**
Review the cardiovascular, respiratory, neurological, and musculoskeletal systems to understand common injuries.
- **Scene Safety and Situational Awareness Techniques (14m)**
Practice assessing hazard risks and maintaining awareness to protect yourself and patients on scene.
- **Conducting a Primary Survey with the ABCDE Approach (25m)**
A step-by-step guide to systematically evaluate a patient's airway, breathing, circulation, disability, and exposure.
- **PPE and Infection Control: Best Practices for 2026 (16m)**
Update your knowledge on personal protective equipment and protocols to minimize infection risks in the field.

Basic Life Support (BLS) Skills

- **Adult CPR: Compressions and Rescue Breathing (22m)**
Hands-on demonstration of CPR techniques for adults, including updated compression-to-breath ratios.
- **CPR for Children and Infants: Adjusted Techniques (18m)**
Learn how to modify CPR methods for pediatric patients, with focus on proper depth and hand placement.
- **AED Operation: Step-by-Step Guide (15m)**
Get comfortable using an automated external defibrillator, from powering on to delivering a shock.
- **AED Troubleshooting and Maintenance Tips (10m)**
Address common issues with AEDs and learn basic upkeep to ensure reliability during emergencies.
- **Choking Response for Conscious Patients (12m)**
Practice abdominal thrusts and other techniques to clear airway obstructions in alert individuals.
- **Choking Response for Unconscious Patients (14m)**
Manage choking scenarios when the patient is unresponsive, integrating CPR and airway checks.
- **Inserting Oropharyngeal (OPA) Airways (16m)**
A practical session on sizing and placing OPA devices to maintain open airways.

- **Using Nasopharyngeal (NPA) Airways Safely (13m)**
Learn when and how to use NPAs, including insertion techniques and contraindications.
- **Barrier Devices and Bag-Valve-Mask Ventilation (20m)**
Master the use of barrier devices and BVMs to provide effective ventilation support.
- **Oxygen Therapy Basics for Field Use (18m)**
Understand oxygen delivery systems and flow rates for patients in respiratory distress.
- **Skills Lab: BLS Techniques in Action (30m)**
A video walkthrough combining CPR, AED use, and airway management in simulated scenarios.

Medical Emergencies and Common Conditions

- **Recognizing and Responding to Heart Attacks (19m)**
Identify signs of a heart attack and learn initial interventions to stabilize the patient.
- **Stroke Assessment Using the FAST Protocol (14m)**
Apply the FAST method to quickly evaluate stroke symptoms and coordinate care.
- **Managing Diabetic Emergencies: Hypo and Hyperglycemia (16m)**
Distinguish between low and high blood sugar episodes and provide appropriate first aid.
- **Allergic Reactions and Anaphylaxis: Epinephrine Use (18m)**
Learn to administer epinephrine auto-injectors and manage severe allergic reactions.
- **Handling Seizures and Fainting Episodes (12m)**
Techniques to protect patients during seizures and safely assist those who faint.
- **Addressing Altered Mental Status (15m)**
Assess and support individuals with confusion or reduced responsiveness, focusing on common causes.
- **Respiratory Distress: Asthma, COPD, and Hyperventilation (22m)**
Differentiate between respiratory conditions and provide relief using positioning and medication aids.
- **Environmental Emergencies: Heat Stroke and Hypothermia (17m)**
Treat temperature-related crises with cooling or warming strategies and monitor vital signs.
- **Drowning and Electrical Injury Response (13m)**
Approach water and electrical incidents safely, focusing on CPR and scene control.
- **Poisoning and Overdose: Current Opioid Protocols with Naloxone (20m)**
Follow updated steps for poisoning cases, including naloxone administration for opioid overdoses.

Trauma Assessment and Injury Management

- **Mechanism of Injury Analysis for Scene Assessment (16m)**
Evaluate the cause of trauma to anticipate hidden injuries and prioritize care.
- **Conducting a Secondary Survey: Head-to-Toe Exam (24m)**
A detailed guide to systematically checking a trauma patient from head to toe.
- **Bleeding Control: Direct Pressure and Tourniquets (18m)**
Practice techniques to stop severe bleeding using pressure and commercial tourniquets.
- **Using Hemostatic Agents in the Field (12m)**
Learn when and how to apply hemostatic dressings to control hemorrhage.
- **Wound Care and Bandaging Techniques (20m)**
Clean, dress, and bandage various wound types to prevent infection and promote healing.

- **Burns Classification and Initial Treatment (15m)**
Assess burn severity and provide cooling, covering, and pain management on scene.
- **Splinting Skeletal Injuries (22m)**
Apply splints to immobilize fractures and dislocations, reducing pain and further damage.
- **Manual In-Line Stabilization for Spinal Injuries (19m)**
Hold the spine aligned during assessment and transport to prevent paralysis.
- **Recognizing and Managing Chest Injuries (17m)**
Identify signs of penetrating trauma or tension pneumothorax and provide initial support.
- **Abdominal Trauma Basics (14m)**
Assess abdominal injuries, focusing on shock signs and gentle handling.
- **Pediatric Considerations in Trauma Response (18m)**
Adapt trauma care for children, including size-appropriate techniques and communication.
- **Geriatric Patient Needs in Emergencies (16m)**
Address common issues like medication use and fragile skin when treating older adults.
- **Bariatric Patient Care: Unique Challenges (21m)**
Learn safe lifting, equipment adjustments, and assessment strategies for bariatric patients.

Field Operations, Incident Management, and Professional Growth

- **Patient Packaging for Safe Transport (19m)**
Secure patients on stretchers with proper padding and straps for movement.
- **Safe Lifting and Moving Techniques (22m)**
Use body mechanics and teamwork to lift patients without injury.
- **Operating Stretchers and Gurneys (15m)**
Handle different stretcher types, including loading into ambulances.
- **Multi-Casualty Incident (MCI) Triage Introduction (20m)**
Understand the basics of triage in mass casualty events to allocate resources effectively.
- **Triage Protocols: START and Other Methods (25m)**
Apply triage systems like START to categorize patients based on severity.
- **Communication in Emergency Scenes (14m)**
Use clear radio and verbal communication to coordinate with teams and report findings.
- **Documentation and Reporting for EMAs (16m)**
Fill out patient care reports accurately to support continuity of care.
- **Working with EMS Teams: Paramedics and Nurses (18m)**
Understand roles and handoff procedures when supporting higher-level providers.
- **Incident Command System Basics (22m)**
Learn the structure of incident command to function within organized response efforts.
- **Stress Management and Self-Care for EMAs (17m)**
Develop strategies to handle emotional stress and maintain well-being in this field.
- **Continuing Education and Certification Paths (13m)**
Explore ongoing training opportunities and certifications to advance your EMA career.
- **Ethical Dilemmas in the Field (19m)**
Discuss common ethical challenges and how to make principled decisions under pressure.

- **Simulated Field Scenarios: Putting It All Together (32m)**

Practice through video simulations that combine skills from across the course in realistic situations.

- **Course Review and Next Steps in Your EMA Career (15m)**

Summarize key takeaways and plan your path forward as a trained Emergency Medical Assistant.

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