



First Aid **Course Outline**

This Level One course aims to train the participants with the basic principles and practices of First Aid. Properly applied First Aid may be the difference between life and death, between rapid recovery and a long hospitalization, or between a temporary disability and a permanent injury. Therefore this course will provide the very basic foundation skills, knowledge and confidence for the participant to manage a sudden first aid situation with minimal equipment, whether it is an illness or injury.

Course Overview

The course is based upon participant learning the following;

- Basic Principles and skills of First Aid
- Various types of first aid situations and how to attend to them
- Making that emergency call and knowing the chain of survival

The programme is given as a two day course plus in-class test. The course provides the material in the form of lectures and practical skill workshops and as such the participants are expected to actively participate in discussions, case studies and workshops.

Learning Objectives

The main learning objectives of the course are deepening the participant's knowledge and skills within the area. After completion of the course you should be able to;

- Demonstrate knowledge of the Basic Principles of First Aid
- Knowledge of how to make that Emergency Call
- Demonstrate knowledge the Chain of Survival
- Demonstrate knowledge and skills in Basic Life Support
- Be able to carry out Patient Assessment and Management
- Understand and attend to Soft Tissue Injury and Bleeding
- Demonstrate knowledge of what is Shock and how to treat it
- Demonstrate knowledge and skills in how to treat Burns
- Demonstrate knowledge of Fractures, Sprains and Dislocations and how to treat them
- Demonstrate knowledge of Head and Spinal Injuries and how to treat them
- Demonstrate knowledge of types and causes of Unconscious States & how to treat them

Certification

On the successful completion of the course, the participant will be provided a certificate of completion. The first Aid certificate is valid for two years.

Progression pathways/continuing education

After completion of the course the participants will be able to enroll in 'First Aid - Level 2'.

