

1. FIRST AID TRAINING

WHY WE NEED TO KNOW ABOUT FIRST AID:-

Over 13,000 people die each year in accidents occurring in everyday situations – many of these deaths could be prevented if a trained first aider was on hand. Do you realize that members of your family or a friend are most likely to benefit from your life-saving skills?

AIM OF FIRST AID TRAINING:-

The aim of first aid is to reduce the effects of injury or illness suffered at work. It does not include giving tablets or medicines. The course makes you aware as to how important it is for your employees to know that, how emergencies can be handled until medical aid arrives. First Aid and effective emergency care can make the difference between life and death, rapid versus prolonged recovery, temporary versus permanent disability.

First aid provision must be adequate and appropriate. This means that each department or institution must assess its particular first aid needs taking into account the type of activities with which the department or institution is involved. Sufficient first aid facilities should be available and first aid personnel should be on hand to render assistance to casualties and to summon an ambulance or other professional help.

Trained personnel in emergency care are mandatory for organizations opting for certification under ISO 9001, 2008, 14001 and OHSAS 18001.

A First Aider should be a trained person who holds a valid certificate of competence in first aid at work. The certificates are issued for three years and requalification is required before the three year period has elapsed

Duration of the Course: The course will be of 6 hours, Examination will be conducted on last hour of the course.

SYLLABUS FOR FIRST AID TRAINING - DURATION - SIX HOURS

FIRST LECTURE

- PRINCIPAL OF FIRST AID & FIRST AIDER**
 - FRACTURES**-Causes, varieties, signs and symptoms.
- Practical:- Application of Triangular bandage

SECOND LECTURE

- Management of fracture-general rules.
 - Bleeding
- Practical:- Management of fractured area, Application of Splints & Slings.

THIRD LECTURE

- CPR** – Heart Attack, Electric Shock, Choking, Suffocating Cases, **FROST BITE**.
- Practical:- Artificial Respiration and Compression/CPR

FOURTH LECTURE

PRACTICAL -

- CPR – Heart Attack, Electric Shock, Choking, Suffocating Cases

FIFTH LECTURE

●-**TRANSPORTATION OF THE INJURED**

- For Males Hand seats and Stretcher Exercise
- For Female Hand Seats

Practical:- Transport of the Injured

SIXTH LECTURE (OVERVIEW)

- Wounds
- Burns
- Scalds Stings bits of Snake and rabid animal,
- Foreign Bodies in Eye Ear and Nose

●-Poison

●-RECAPITULATION / FEEDBACK / EXAMINATION