



One Day Basic First Aid

Course syllabus includes:

- Assessment & Accident Scene Management
 - Life threatening conditions
 - Making a diagnoses
 - Vital signs
 - Approach and action
- Circulation, Wounds, Bleeding and Shock
 - Identify external bleeding.
 - Bleeding control management
 - Signs, symptoms and treatment of Shock
- Respiration, Asphyxia & an Introduction to CPR
 - Airway management
 - Requirements to breathe
 - Introduction to the CPR drill
- CPR and Heart attack
 - Heart conditions
 - Signs, symptoms and treatment for heart attacks
 - CPR skill practice
- Unconsciousness
 - Levels of responsiveness
 - Fainting
- Fractures, Sprains, Strains and Dislocations
 - The different types of fractures
 - Slings and fracture management
 - Dangers of uncontrolled movement
- Burns/Scalds, Chemical/Poisons and Electric shock
 - The three levels of burns
 - Treatment for burns
 - Management of burns and electric shock
- Medical Emergencies, Crush and Spinal injuries
 - Asthma
 - Diabetes
 - Epilepsy
 - Management of spinal injuries

