

First Aid - Level One

Duration:	3 days
Time:	8:30 to 16:00 daily Last day until 13:00
Venue:	INCON Health H/O, Durbanville or as per client request (on site)
Refreshments:	INCON Health: Light lunch and tea/coffee provided Client request: As per client
Who would attend?	People identified to work as first aiders
Course language:	English
Course material provided:	Course manual, handouts and stationery
Examination required:	Yes
Dates for the year:	As per request
Max:	8 - 15 people

Contents:

1. Introduction
 - 1.1 What is first aid?
 - 1.2 What is a first aider?
 - 1.3 Legal Responsibilities
2. Assess the Emergency Scene
 - 2.1 The problems a first aider can face
 - 2.2 Important rules to follow at the emergency scene
 - 2.3 Control of the accident / emergency scene – Preventative measurements
 - 2.4 Assessing the emergency scene
 - 2.5 Critical information needed
 - 2.6 Precautionary measures to protect the first aider in dealing with a first aid emergency
3. Priority of treatment
 - 3.1 Understand the human body
 - 3.1.2 Know the vital signs and organs
 - 3.1.3 Primary Examination - HHHABC
 - 3.1.4 Understand Secondary examination
4. First Aid Treatment of casualties
 - 4.1 Shock
 - 4.2 Rescue Breathing
 - 4.3 Cardiopulmonary Resuscitation (CPR)
 - 4.4 Choking
 - 4.5 Medical Emergencies
 - 4.5.1 Fainting
 - 4.5.2 Hyperventilation
 - 4.5.3 Asthma
 - 4.5.4 Stroke
 - 4.5.5 Heart Attack
 - 4.5.6 Epilepsy (Fits) I
 - 4.5.7 Diabetes



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Contents (continue):

- 4.6 Environmental Injuries
 - 4.7 Bleeding
 - 4.8 Wounds
 - 4.9 Dressings and bandages
 - 4.10 Fractures (Break)
 - 4.11 Dislocations
 - 4.12 Sprains and strains
 - 4.13 Head Injuries
 - 4.14 Neck and spinal injuries
- 5. Contents of First Aid Box
- 6. Reporting the details of an incident and the treatment thereof

