

First Aid Course

To equip first aiders with the knowledge and skills necessary to perform high quality first aid without fear of making mistakes

Course Content

1. Safety of a First Aider
2. Scene Assessment and calling emergency services
3. Primary Assessment for conscious and unconscious patient
4. Recovery Position for unconscious, breathing patient
5. CPR and Call-First approach
6. Use of Automated External Defibrillator (AED)
7. Serious Bleeding, shock and spinal Injury
8. Conscious/Unconscious choking patient
9. Heart Attack
10. Stroke
11. Asthma
12. Seizures & epilepsy
13. Allergic Reactions
14. Insect & Jellyfish Stings
15. Hypo/hyperglycemia
16. Hyperventilation & panic attack
17. Strains and Sprains
18. Minor cuts, scrapes and bruises
19. Electrical Injury
20. Burns
21. Hypothermia
22. Heat Stroke and Exhaustion



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