

Certificate Course in First Aid

Syllabus

CO 1: Acquire basic knowledge in first aid

CO 2 : Develop service mentality

Unit-1- 5 Hrs- Introduction

First aid- definition, importance, First aid kit- constituents and uses, responsibilities of a first aider.

Unit-2- Wounds and bleeding- 5 Hrs.

External bleeding-How to stop bleeding, Head injuries, eye injuries, dressings and bandages, Internal bleeding, personal hygiene while dealing with wounds, care of amputated digits.

Unit 3-Shocks 8 Hrs

Asphyxia and causes, Fainting, unconsciousness, low BP, diabetic coma, seizures, heart attack, drowning, treating foreign bodies, CPR.

Unit 4- Burns 4 Hrs

Burns and scalds, fire burns, electric shock, sunstroke

Unit 5- Animal bites and allergies 5 Hrs

Insect bites, stings, snake bites, dog bites, allergic reactions

Unit 6- Transportation of the victim. 3Hrs.

One -person carry, two-persons carry, three – persons carry, Drag method, stretcher.

References:

1. Varghese S and Joseph V. Nursing foundations and first aid. 2nd Ed. Frontline publ. Hyderabad.
2. Gupta LC and Gupta A. Reference manual of first aid. Jaypee brothers (P) Ltd.
3. First aid manual. St.John ambulance. 9th Ed. Publ-British red cross.
4. www.redcross.org.