



ST BERNARD'S
SAFETY TRAINING INSTITUTE

www.healthandsafety.com.mt

Basic First Aid

Suitability: For people working in areas where the risk of injury is low. It is also suitable for anyone who would like to broaden knowledge about basic life saving skills.

Validity of Certificate: 3 years

Duration: 5 hours.

Course Assessment: At the end of the Basic First Aid course, participants are assessed by a multiple choice assessment sheet to assess understanding of main topics and any weaknesses are addressed to by the tutor

St Bernard's First Aid & Safety Training Institute is licensed by the National Commission for Further and Higher Education to conduct First Aid Courses to the general public. Our license number is 2014-FHI-002.

The Basic First Aid Course is made up of 5 sections, which are:

1. Section 1: Introduction to First Aid
2. Section 2: Minor First Aid Treatments
3. Section 3: Major First Aid Treatments
4. Section 4: Recognition of Various Illnesses and First Aid Treatment
5. Section 5: Body Injuries and First Aid Treatment

The Basic First Aid course includes practice of CPR on adult manikin, recovery position and practice of wound dressing and slings-making

Course Topics:

Introduction to First Aid

1. Aims of First Aid
2. Hygienic Aspects when delivering First Aid
3. Legal Aspects that concern First Aiders
4. The Accident Book
5. Contents of a First Aid Box
6. Assessing a Situation
7. Arriving at the Scene
8. Contacting the Emergency Services

Minor First Aid Treatments

9. First Aid Treatment for a casualty suffering from Nose Bleeding
10. First Aid Treatment for a casualty suffering from a Panic Attack
11. First Aid Treatment for a casualty suffering for Asthma
12. First Aid Treatment for Eye Injuries
13. First Aid Treatment for Splinters

Major First Aid Treatments

14. Being able to conduct a Primary Survey for an unresponsive, not breathing casualty - CPR
15. Being able to conduct a Secondary Survey for an unresponsive, breathing casualty - Secondary Survey
16. First Aid Treatment for Choking
17. First Aid Treatment for the different types of Poisons
18. First Aid Treatment for various Allergies
19. Being able to identify and deliver First Aid Treatment for various types of Head Injuries
20. Being able to identify and deliver First Aid Treatment for Spinal Injuries

Recognition of various Illnesses and First Aid Treatment

21. Being able to identify and deliver First Aid Treatment to the various types of Epilepsy
22. Being able to identify and deliver First Aid Treatment for Seizures and Diabetes
23. Being able to identify and deliver First Aid Treatment for Fainting

Body Injuries and First Aid Treatment

24. First Aid Treatment for Major and Minor wounds
25. First Aid Treatment for Sprains and Strains
26. Being able to identify and deliver First Aid Treatment for various Bone Fractures and Dislocations
27. First Aid Treatment for Burns and Scalds