



ST BERNARD'S
SAFETY TRAINING CENTRE

Basic First Aid

Suitability: This course is suitable for anyone who would like to learn some basic first aid techniques in handling accidents or illnesses. It provides clear awareness of what has to be done until professional medical assistance takes over. This course is also suitable to renew an existing qualification in the subject

Validity of Certificate: 3 years

Course Duration: 4 hours

Course Assessment: During the Basic First course, participants are practically assessed on the various practical aspects (mentioned below). At the end of the course, participants are assessed by a theory assessment sheet to assess understanding of main topics

Certification: Upon successfully completing the Basic First Aid course, each participant will be issued with a certificate of competence in the subject

St Bernard's Safety Training Centre is qualified from Safety Training Awards (STA) of UK to conduct First Aid courses

The Basic First Aid course includes practice of Primary Survey concluded by CPR on adult manikin, Secondary Survey concluded by the recovery position, practice of various wound dressing and sling-making

The Basic First Aid course is made up of 4 sections, which are:

Introduction to First Aid

1. Aims of First Aid
2. Hygienic Aspects when delivering First Aid
3. Legal Aspects that concern First Aiders
4. Contents of a First Aid Box
5. Planning for an Emergency
6. Contacting the Emergency Services

Minor First Aid Treatments

7. Nose Bleeding
8. Eye Injuries
9. Splinters
10. Bruises
11. Grazes

Major First Aid Treatments

12. Being able to conduct a Primary Survey for an unresponsive, not breathing casualty - CPR
13. Being able to conduct a Secondary Survey for an unresponsive, breathing casualty - Recovery Position
14. Choking

Recognition of Various Illnesses & Body Injuries

15. Seizures and Epilepsy
16. Diabetes
17. Bleeding
18. Body Burns and Scalds

