



ST BERNARD'S  
SAFETY TRAINING CENTRE

## **Emergency First Aid**

**Suitability:** This course is suitable for anyone who could come across any type of accident and injuries that might happen at home, at the workplace or in any other environment. This course provides clear information 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:** 5 - 6 hours

**Course Assessment:** During the Emergency First Aid 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 Emergency First Aid course, each participant will be issued with a certificate of competence in the subject

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

The Emergency First Aid course is made up of 5 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. Arriving at the Scene
6. Contacting the Emergency Services

***Minor First Aid Treatments***

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

***Major First Aid Treatments***

13. Being able to conduct a Primary Survey for an unresponsive, not breathing casualty - CPR
14. Being able to conduct a Secondary Survey for an unresponsive, breathing casualty - Secondary Survey
15. Choking
16. Asthma
17. Poisons
18. Head Injury

***Recognition of Various Illnesses and First Aid Treatment***

19. Seizures & Epilepsy
20. Diabetes
21. Stroke
22. Fainting

## ***Body Injuries and First Aid Treatment***

23. Bleeding

24. Sprains and Strains

25. Bone Fractures & Dislocations

26. Body Burns and Scalds