

# **First Aid - Level 1 (2 Days)**

## **Course Description:**

### **First Aid Level 1 (2 Days)**

This is a two-day instructor-led course, covers the more advanced fundamentals of First Aid. The purpose of this learning intervention aims to equip the learner with the relevant, advanced information and skills to render immediate First Aid to an ill or injured person. The learner will be able to assess the emergency situation, identify the physical condition of casualties and render First Aid treatment for casualties.

### **Course Content:**

- General Principles of First Aid
- Emergency Scene Management
- Patient Assessment
- Cardio Pulmonary Resuscitation (CPR)
- Choking
- Shock
- Dressings and Bandages
- Injury Emergencies
- Burns
- Head and Spinal Injuries
- Spinal Injuries
- Eyes, Ears and Hand Injuries
- Pelvic and Abdominal Injuries
- Medical Emergencies
- HIV/Aids & the Basic Content of a First Aid Kit