

# EMED Rescue First Aid Training Course Outline

First Aid Training Courses presented by EMED Rescue are presented as per **Section 156 of the Labour Act of 1997: Regulations relating to the health and safety of employees at work**

- 1) First Aid for the Workplace Course training complies to Section B
- 2) First Aid Level A Course training complies to Section A & B

## Level A First Aid

**Course Duration:** 14-16 hours

**Course Contents:**

- Medico-legal aspects of first aid
- Responsibilities of the first aid attendant
- Knowledge of the ambulance system
- Basic anatomy and physiology: how the body systems work
- Patients assessment: primary and secondary surveys
- Assessment and monitoring of basic vital signs
- Respiratory emergencies: respiratory system review,
- Management of airways
- Chest injuries: pneumothorax, flail chest, sucking chest wound
- Circulatory emergencies: Circulatory system review, heart , stroke
- Bleeding: wounds, control of bleeding and bandaging
- Shock: kinds and recognition of signs and symptoms
- Abdominal injuries: system review by quadrant
- Head, spine and pelvis injuries
- Medical emergencies: epilepsy, diabetes
- Assessment and treatment of burns
- Assessment and treatment of poisoning and acute effects abused drugs
- Problems of heat and cold
- Emotional problems
- Immobilization spinal injuries
- Movement of casualty
- Situation simulations, reporting on the patient to a higher level trained personnel
- Understanding of and familiarity with the relevant occupational health and safety regulations

## Cardiopulmonary Resuscitation Training Courses

**Course Duration:** 4 – 6 hours

**Course Contents:**

- Risk factors
- Signals and actions of heart attack
- Airway obstruction: prevention, causes, recognition
- One rescuer cardiopulmonary resuscitation (adult)
- Conscious and unconscious obstructed airways (adult)
- Turning and recovery.

## First Aid Services authorized by A Class A Qualification

1. Primary and secondary assessment
2. Cardiopulmonary resuscitation
3. Bandaging and splinting
4. Monitoring vital signs
5. Basic management of medical emergencies
6. Spine immobilization
7. Any other services for which the person has acquired additional training from a competent authority.