

## ***First Aid Training – Course Snapshot***

### **Course Title:**

**Essential First Aid Training: Saving Lives Through Immediate Action**

### **Duration:**

1 Day (8 hours, including breaks)

### **Target Group:**

Community members, caregivers, teachers, volunteers, youth leaders, and non-medical staff

### **Course Overview:**

This comprehensive First Aid training equips participants with the knowledge and practical skills needed to respond effectively to emergencies. The course focuses on life-saving actions during accidents, trauma, sudden illnesses, and environmental emergencies. Through interactive theory, hands-on practice, and real-life scenarios, participants learn to take fast and confident action in crises.

### **Learning Objectives:**

By the end of the course, participants will be able to:

- ✓ Understand the basic principles of First Aid
- ✓ Apply the DR ABC algorithm and assess emergency scenes
- ✓ Perform CPR and artificial respiration
- ✓ Treat wounds, bleeding, shock, burns, and fractures
- ✓ Respond to seizures, strokes, diabetic emergencies, and drowning
- ✓ Safely manage accidents, foreign body obstruction, and electric shocks
- ✓ Use First Aid kits properly and ensure personal safety in emergencies

### **Key Topics Covered:**

- DR ABC & the Recovery Position
- CPR and Resuscitation Techniques
- Bleeding Control and Wound Management
- Burn and Trauma Care
- Choking and Airway Obstruction
- Illness Response: Stroke, Seizures, Diabetes

- Car Accidents, Fires, and Mass Casualty Response
- First Aid Kits & Safety Rules

### **Methodology:**

- Interactive lectures
- Demonstrations and role-play
- Hands-on practice using mannequins and first aid tools
- Group discussions and Q&A
- Pre- and post-training knowledge assessments

### **Certificate:**

All participants who complete the course will receive a internationally recognized certificate (valid for 2 years) after 80 % attendance + skills check