

## Module Anatomy (1-Day Version)

**Training Type:** Theoretical and Practical

**Target Audience:** Community members, volunteers, teachers, caregivers, youth leaders, and non-medical professionals

**Duration:** 1 day (08:00 total hours, including breaks)

**Methodology:** Interactive lectures, demonstration, role-play, hands-on practice (using mannequins), case scenarios, group discussion

**Facilitators:** Certified First Aid Trainer(s)

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### Training Agenda

#### Morning Session I

**Time:** 10:00 – 11:15

**Topics Covered:**

- ☒ Pre-Training Knowledge Assessment (Pretest)
  - ☒ Importance of First Aid
  - ☒ Common Types of Accidents
  - ☒ Action Chain: Check – Call – Care
  - ☒ DR ABC Algorithm (Danger, Response, Airway, Breathing, Circulation)
  - ☒ Unconsciousness: Dangers and Risks
  - ☒ Recovery Position (Step-by-step demonstration)
  - ☒ ABC – Life-Saving Measures (Airway, Breathing, Circulation)
  - ☒ **Practical Component:**
    - Artificial respiration techniques
    - Chest compressions (CPR)
    - ABC demonstration on mannequin (participants rotate through stations)
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#### Break

**Time:** 11:15 – 11:30

Coffee Break

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## Morning Session II

**Time:** 11:30 – 13:00

**Topics Covered:**

- ☒ Recognizing and Treating Shock
  - ☒ Bleeding: Types and First Aid
  - ☒ Life-Threatening Bleeding and Tourniquet Use
  - ☒ What to Do in Case of Amputation
  - ☒ Wound Care: Cleaning and Dressing
  - ☒ Thermal Accidents
  - ☒ First Aid for Burns
  - ☒ Fire Incidents: Quick Response
  - ☒ Animal Bites and Rabies Risk
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## Lunch Break

**Time:** 13:00 – 13:50

Lunch

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## Afternoon Session I

**Time:** 13:50 – 15:10

**Topics Covered:**

- ☒ Embedded Foreign Objects in Wounds
- ☒ Foreign Body Airway Obstruction (Choking)
- ☒ Electrical Injuries: Safety and First Response
- ☒ Drowning Victims: Rescue Techniques
- ☒ Signs of Trauma and Emergency Care
- ☒ Road Traffic Accidents: Steps to Respond
- ☒ Responding to Mass Casualty Incidents (Multiple Victims)

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## Break

**Time:** 15:10 – 15:30

Coffee Break

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## Afternoon Session II

**Time:** 15:30 – 18:00

**Topics Covered:**

- ☒ First Aid for Sudden Illnesses:
    - Seizures
    - Stroke (FAST method)
    - Diabetes (Hypoglycemia vs Hyperglycemia)
    - Arterial Blood Pressure (Hypotension/Hypertension)
  - ☒ First Aid Kits: Contents and Use
  - ☒ Personal Safety and Scene Safety
  - ☒ Post-Training Knowledge Assessment (Posttest)
  - ☒ Group Discussion / Q&A
  - ☒ Training Feedback and Closing
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