

Module Anatomy (2-Day Version)

Training Type: Theoretical and Practical

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

Duration: 2 days (16 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)

Training Agenda

Day One Program 10:00–13:00

- Participants complete a written pre-test
- 1. Types of accidents
- 2. Recognizing accidents and key action algorithms
- 3. Types of unconscious states
- 4. Dangers of unconsciousness
- 5. Assistance for unconscious individuals *with breathing* – Recovery Position (↻)
- Practical)**
- 6. Assistance for unconscious individuals *without breathing* – Artificial respiration and cardiac massage using a manikin (↻ **Practical)**
- 7. Shock and shock prevention
- 8. Psychological support for the injured
- 9. Life-threatening bleeding
- 10. Techniques to stop severe bleeding (↻ **Practical)**

Break: 13:00–13:30

13:30–17:00

- 11. Hypothermia – causes and prevention
- 12. First aid for hypothermia (↻ **Practical)**
- 13. Hyperthermia – causes and prevention
- 14. First aid for hyperthermia (↻ **Practical)**
- 15. Burns
- 16. Poisoning from chemicals, toxic gases, and food

17. First aid for poisonings
18. First aid when chemicals come into contact with skin, eyes, or digestive system

Day Two Program

10:00–13:00

19. Fire safety – injury prevention and response algorithms
20. Bites from predatory animals
21. Bites from venomous animals
22. Foreign objects in the airway
23. Removing foreign objects from airways for all age groups (🔄 **Practical with age-appropriate manikins**)
24. Dressing wounds caused by large foreign objects (🔄 **Practical**)
25. Foreign objects in the eye and ear canal
26. Electrical injuries and types
27. Household electrical injuries – prevention and first aid
28. High-voltage electrical injuries
29. Lightning strike injuries – prevention and first aid
30. An algorithm for assisting in drowning incidents

Break: 13:00–13:30

13:30–17:00

31. First aid algorithms for injuries to limbs, head, spine, and neck
32. Seizures and convulsions
33. Abdominal pain
34. Diabetes
35. Multiple wounds
36. Behavioral algorithms during disasters
37. Contents of a first aid kit
38. Rescuer safety and protective rules

Final Test (Written): 17:30–18:30

Note:

Sessions marked with 🔄 involve **practical exercises** performed by group members on one another. High-tech manikins and essential first aid materials (bandages, splints, heat protection, etc.) are used for hands-on practice. Theoretical sessions are supported by **PowerPoint presentations, situational slides, and instructional videos.**