

First Aid & CPR Training – Table of Contents

Day 1: Foundations of First Aid & Emergency Response

Module 1: Introduction to First Aid

- Importance and scope of first aid
- Legal and ethical considerations (duty to act, consent, Good Samaritan Law)
- Basic principles of providing care

Module 2: Scene Safety and Assessment

- Checking scene safety
- Primary and secondary survey (DRSABCD approach)
- Infection control and use of personal protective equipment (PPE)

Module 3: Handling Common Medical Emergencies

- Fainting, shock, and unconsciousness
- Seizures and epilepsy
- Diabetes-related emergencies (hypo/hyperglycemia)
- Allergic reactions and anaphylaxis

Practical Session:

- Scene assessment simulations
- Recovery position
- Managing unconscious but breathing casualties

Day 2: CPR, AED, and Life-Threatening Emergencies

Module 4: Cardiac Emergencies

- Understanding cardiac arrest, heart attack, and stroke
- Signs and symptoms

Module 5: Cardiopulmonary Resuscitation (CPR)

- Adult CPR (hands-only and full)
- Child and infant CPR techniques
- Compression and ventilation ratios
- Two-rescuer CPR overview

Module 6: Automated External Defibrillator (AED) Use

- What is an AED and how it works
- Safety precautions and steps in AED use
- Integration with CPR

Module 7: Choking Emergencies

- Conscious and unconscious choking
- Heimlich maneuver (adults and children)
- Back blows and chest thrusts for infants

Practical Session:

- CPR on adult, child, and infant manikins
- AED operation on training devices
- Choking scenario practice

Day 3: Trauma Care, Injury Management & Final Assessment

Module 8: Wounds and Bleeding

- Types of wounds (abrasions, punctures, lacerations)
- Control of bleeding – direct pressure, elevation, tourniquet
- Bandaging and dressing techniques

Module 9: Bone, Joint, and Burn Injuries

- Fractures, dislocations, and sprains – signs, symptoms, and splinting
- Types of burns (thermal, chemical, electrical) and treatment
- Head, neck, and spinal injury precautions

Module 10: Environmental & Other Emergencies

Heat stroke, heat exhaustion, and hypothermia

Animal/insect bites and stings

Drowning and rescue breathing basics

Final Practical Session:

Simulated emergency scenarios covering all major modules

Role-based first responder drills

Assessment (written & hands-on performance)

Course Closure:

Recap and Q&A

Feedback session

Certification of completion