

VIVO-First Responder training enables lay rescuers to recognize the warning signs of life threatening conditions such as Heart Attack, Cardiac Arrest, Stroke (brain attack) and Choking and teaches them to respond effectively to these emergencies.



## Intended Audience

Everyone who wants to be a First Responder in case of a medical emergency.

## Course Material

FR Handout

## Participants will learn through

- Instructor-participant interaction
- Audio-visual training aids
- Live demonstrations of various skills
- Hands on practice on manikins

## Course Description

- Role of a First Responder
- Calling for Help – Things to tell to Ambulance Services (EMS)
- Golden Hour Principle, Principles of First Aid
- Identifying different types of medical emergencies:  
Fainting, Seizure/Fits, Stroke, Chest Pain, Heart Attack, Cardiac Arrest, Choking

## Life saving techniques:

- Cardio Pulmonary Resuscitation (CPR), one person CPR and two person CPR, Heimlich Maneuver, Recovery Position
- Using Automated External Defibrillator (AED)
- Cuts and Wounds – Bleeding control, Burns, Management of fractures, rowning
- Dressing, Bandaging & Splinting Techniques

## Highlights

<b>Duration:</b>	6 Hours
<b>Certification:</b>	VIVO Healthcare
<b>Validity:</b>	1 Year