



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.



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, rawning
- Dressing, Bandaging & Splinting Techniques

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

Highlights

Duration: 1 Day
Certification: VIVO Healthcare
Validity: 1 Year

