

Medical emergencies can happen anywhere, anytime with anyone. It is better to be prepared!

This training prepares the participants to respond to life threatening emergencies such as Heart Attack, Cardiac Arrest, Stroke / Brain Attack and Choking as well as to commonly occurring everyday medical, trauma & environmental emergencies. The participants also learn to perform CPR and use an AED during a cardiac arrest.



## Intended Audience

Everyone who wants to help people in case of a medical emergency by learning basic first aid techniques.

## Course Material

CPR & First Aid Handout

## Participants will learn through

- Audio visuals classroom training
- Demonstrations & practice
- Hands on practice on manikins
- Live demonstrations of various skills
- Hands on practice

## Course Description

- Calling for Help – Things to tell to Ambulance Service (EMS)
- Golden Hour Principle, Principles of First Aid
- Medical emergencies:  
Fainting, Seizure, Stroke, Chest Pain, Heart Attack, Cardiac Arrest, Choking, Hypoglycemia, Severe allergic reaction, Asthma
- Life saving techniques:
  - i) Cardio Pulmonary Resuscitation (CPR), 1-Rescuer & 2-Rescuer CPR for adult, child and infant
  - ii) Using Automated External Defibrillator (AED) for adult, child and infant
  - iii) Heimlich Maneuver (Abdominal Thrusts)
  - iv) Recovery Position
- Trauma emergencies:
  - i) Road Traffic Accidents, bleeding control, cuts and wounds, amputation, open abdominal and chest injuries & sprain/strain fractures & dislocations
  - ii) Spine injury and its management
  - iii) Dressing, bandaging & splinting Techniques
- Environmental emergencies:
  - i) Burns, Heat stroke, Hypothermia, Snake & Dog bite, Drowning, Electrocutation

## Highlights

Duration:	1 Day
Certification:	VIVO Healthcare
Validity:	2 Years