

# First Aid Training Course

## Scope of the Program.

- Ten Commandments of First Aider
- DTD Concept (Diagnosis, Treatment & Disposal)
- 4 Lacs identification (Breathing, Heart Beat, Blood and Consciousness)
- ABC - Airway clearance, Artificial Respiration, Chest Compression (Cardiac Massage)
- CPR (Cardio Pulmonary Resuscitation)
- Application of Splints, Slings and Dressings
- Managing Wounds, Fractures, Bleeding, First Aid to Electrocutation
- Treatment for Burns, Heart Attack, Cardiac Arrest, Fainting Shock, Snake Bite, Hypoglycemia, Heat Stroke, Epilepsy, Frost Bite, Poisonous Gas Inhalation etc.
- First Aid Kit, Resuscitator and Life Oxygen Pack usage
- Transporting casualties, various types of lifts, Rope Technique for Rescue, Stretchers, Earthquake Preparedness, Before and after Earthquake and Recovery position.
- Motivation to keep away from bad habits like Smoking, Drinking and awareness about Aids, promoting Eye Donation and Blood Donation.
- Bleeding – internal / external
- Fractures and dislocations
- Head , neck and back injuries
- Shock, electric shock.
- Burns, simple burns, deep burns, chemical burns, 9% rule to assess severity of burns
- Heart attack, cardiac and respiratory arrest, choking, loss of consciousness,
- Eye, nose and ear emergencies
- Poisoning, Bites and Stings.

## Objective:

Life can be saved within the first 3 to 4 minutes by giving First Aid at the accident spot, Preserving Precious Life, Preventing situation becoming worst, Promoting recovery and saving life are the main objectives of the program.

## LANGUAGE:

Trainers are fluent in the following languages: English, Hindi, Gujarati

**Duration:** One Day



Complete **Fire** Design Solutions  
A Fire Safety Consultancy

C—21 Shivalay Bang,  
Near Government Tubewell,  
Bopal, Ahmedabad  
Gujarat—India

Mobile: +91— 98250 79730  
Email: cfdsfire@gmail.com  
Web: www.cfdsolution.com