

Basic First Aid Syllabus



Module 1 First steps in first aid

Scene management
Duty of care and negligence
DRABC; the primary survey

Module 2 Asphyxia

Defining asphyxia
Discuss the causes, signs, symptoms and treatment of hyperventilation, asthma, anaphylaxis and choking
Abdominal thrusts for choking
Student practical : Epipen use and abdominal thrusts

Module 3 Unconscious Casualty Management

Defining unconsciousness
Discuss the causes of unconsciousness in adults
General management and primary survey
Demonstration of the management of an unconscious adult and the recovery position
Student practical : ABC, The recovery position

Module 4 Resuscitation

An explanation of CPR, its effects and the importance of first response in adults
Discuss and explain the causes of cardiac arrest in adults
Demonstration of adult resuscitation
Student practical : adult CPR skill stations

Module 5 Bleeding and Wounds

Discuss the immediate management of wounds
Treatment and management of embedded foreign bodies, nosebleeds and various wounds
Demonstration of the application of a dressing and an elevation sling
Complications of bleeding, including infection and shock
Student practical : Applying a dressing and elevation sling

Award: Basic First Aid Certificate

Validity: 3 years