

ADD ON COURSE

Department of Education

Topic: First Aid

Total hours: 30

Course Objective: First aid for students involves quick, essential action to manage injuries and illnesses- such as applying pressure to stop bleeding, using Rice method (R: Rest, I: Ice, C: Compression, E: Elevation) for sprains and performing CPR or the Heimlich maneuver for emergencies. The primary goals are to preserve life, prevent further harm and promote recovery.

Course Outcomes: First aid course outcomes focus on equipping individuals to preserve life, prevent condition deterioration and promote recovery in emergencies. Participants learn to assess scenes, perform CPR and AED usage, manage choking, control bleeding, treat burns, and handle injuries or medical emergencies until professional help arrives.

At completion of this Course the students will be able to

- Administering Basic Life Support
- Providing first aid of Simple and Multiple System Trauma.

Course Content

Unit I

First Aid Basics: First Aid, Importance of First Aids, Laws of First Aid, Contents of an Ideal First Aid and Kit, Dealing with an Emergency.

Unit II:

Emergency Response: CPR Recovery Positions

Unit III: First Aid in Burns: Types of Burns, Denger of Burns, First aid in Dry Burns, and Scalds, Electrical Burns

Unit IV:

First Aid in Wounds and Injuries: Types of Injuries- Small Cuts and Abrasion, Head Injury- Nose Bleed

Unit V:

First Aid in Poisoning: Poisoning by Gases, Animal Bites, Snake Bites and Insects Stings

Reference Book

1. A Textbook of First Aid (English, Paperback, Perdita A. Helen Mary, Vitasta Publishing Pvt.Ltd
2. Manual of First Aid (English, Gupta A. Jitika Royal, Jaypee 2nd edition 20 February, 2021.

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