

Sh. L.N. Hindu College, Rohtak

Affiliated to M.D.University, Rohtak

A Post Graduate Co-Educational College, Bhiwani Road, Rohtak

Accredited by NAAC with 'B' (2.74) Grade

Certificate Course in First Aid

Beneficiaries: Sports/NSS/YRC Students

Duration : 40 hours

Theory : 30 hours

Practical : 10 hours

Course Objectives:

To help students to understand and learn the following basic techniques of First Aid:

- To provide a step by step guide how to deal with various emergency situations like; heart attacks, choking, head injuries, poisoning and road traffic accident victims.
- How to administer immediate medical attention to someone who has suffered from injuries
- How to prevent minor injuries from becoming major ones
- How to deal with everyday minor accidents
- To treat an unconscious and breathing casualty.
- Learn the treatment for minor cuts, grazes, bleeding and burns.
- How to use the contents of a First Aid Kit.
- Avoid cross infection.
- How to treat someone who is choking.
- Learn how to relax someone who is in shock.
- Deal with burns and scalds.

Learning Outcomes:

At the end of the course the students will be able to learn/understand the following:

- Students will be able to understand the responsibilities of an Occupational First Aider.
- How to help and protect the community, friends, family and colleagues.
- How to provide appropriate treatment for the purpose of preserving life.
- How to minimize the consequences of injury until the arrival of medical assistance.

Syllabus

Theory Paper: 60 Marks

Practical: 40 Marks

Total Marks: 100

NOTE: The examiner shall set nine questions in all covering the whole syllabus. Question No 1. will be compulsory covering all the units and shall carry six small questions of two marks each. The rest of the eight questions will be from all the units the examiner will set two questions from each unit out of which the candidate shall attempt four questions selecting one question from each unit. All questions shall carry 12 marks each.

CONTENTS

Unit I

Principles and Practices of First Aid, Structure and Function of the Human Body, Dressing and Bandages, Respiration and Asphyxia, Wounds and Bleeding, Shock, Injuries to bones (Fractures)

Unit II

Injuries to Muscles and Joints, Nervous System and Unconsciousness, Burns and Scalds, Poisoning, Miscellaneous Conditions (Foreign Bodies in the Eye, Ear, Nose, Skin), Approach to a Casualty, Psychological First Aid

Unit III

Emergency Aid in Institutions, First Aid to Victims of Road Accidents, Injuries Likely to be met in Factories, Injuries and Illnesses Likely to be met in Rural Areas, Disaster Management/ Multiple Casualties, Triage & Transportation of the Victims, Labelling of Casualties, Contents of First Aid Box

Unit IV

Sports Injuries Training, Understand the role and responsibilities of the Sports first aider, Recording and reporting of accidents and incidents, Contents of a sports first aid kit, Assessing the situation and acting safely, effectively and promptly in an emergency.

Practical Sessions on First Aid:

- 1) Use of Triangular Bandage
- 2) Respiratory System & Pressure Points in Human Body
- 3) Demonstration of Artificial Respiration
- 4) Role of First Aider in Strangulation and Hanging Situation
- 5) Application of Bandages in injuries to Bones (Fracture)

- 6) Types of Burns and possible causes & Management of Burns
- 7) First Aid for Poisoning
- 8) Psychological First Aid and Content of First Aid Box
- 9) Role of First Aider in Mass Casualties & Carrying Styles in Casualty
- 10) Disaster Management

Suggested Readings:

- Accept First Aid Manual, 5th edition (Dk first aid manual), Gina M. Piazza, Do, Faced, Publisher: DK; 5 Edition 2014
- The American Red Cross First Aid and Safety Handbook, Kathleen A. Handal, 1992
- American Red Cross, Publisher: Little, Brown and Company. 1992
- The Survival Medicine Handbook: *A Guide For When Help Is Not On The Way*, Joseph Alton, M.D. and Amy Alton, Publisher: Doom and Bloom; Revised & enlarged edition 2013
- First Aid Handbook, Pippa Keech, Publisher: Annes Publishing. 2006
- First Aid Manual, Dr. Michael Webb, Publisher: Pollo publishing co. 1999
- First Aid, Dr. S.P. Agarwal, St. John Ambulance, Indian Red Cross Society. 2016

Note: Latest and additional good books may be suggested and added from time to time.