

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.

Pooja Chhabra
Coordinator, IQAC
Sh. L.N. Hindu College, Rohtak



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

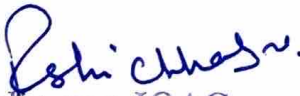
Emergency Aid in Institutions, First Aid to Victims of Road Accidents, Injuries Likely to be met in Factories, Injuries and Illnesses Likely to be met in Rural Areas, Disaster Management/ Multiple Casualties, Triage & Transportation of the Victims, Labelling of Casualties, Contents of First Aid Box

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)


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- 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.


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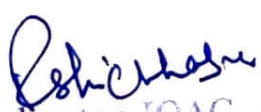
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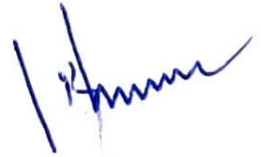
Registration List for the Session 2019-20

of Course First ATD

Course Coordinator Sh. Rajesh Gahlawat

Sr no	Name of Student	Class	Roll No	Signature
1	Vinod	BCA	4023	Vinod
2	Purvansh	B.Com (Hons)	5233	Purvansh
3	Bhawana	B.Sc. Ist yr.	5401	Bhawana
4	Chetan Kathuria	B.Com 3rd Sem	713	Chetan
5	Mohit Yadav	B.Com	7652	Mohit
6	Charul	B.Com - 3rd Yr.	7520	Charul
7	Iknoor Kaur	B.Com (Final)	7508	I.K.
8	Shekhar	B.A.	1253	Shekhar
9	Nisha	B.Com (Final)	7531	Nisha
10	Archana Rani	B.Com (Final yr)	7561	Archana
11	Deepika	B.Com (Final yr)	7506	Deepika
12	Yash Makhija	B.Com (TL)	7576	Yash
13	Preeti	B.A. Final yr.	7205	Preeti
14	Anmol	B.A. Ist	416	Anmol
15	Diksha	B.Com Pass (Final)	7514	Diksha
16	Kapil Dew	B.A. 2nd yr.	1318	Kapil
17	Rudraksh	B.Com (Pass)	601	Rudraksh
18	Satish	B.A. Final yr.	7338	Satish
19	Ankit	B.Com 2nd yr. (A)	1617	Ankit
20	Subhash Verma	B.A.	304	Subhash
21	Mukti Kumari	M.Sc. Final (Maths)	7624	Mukti
22	Rahul Jangra	B.A. Final yr.	7211	Rahul
23	Khushboo	B.Com (Pass)	7535	Khushboo
24	Shiva	B.A. Ist	226	Shiva
25	Vishal	B.A. 2nd yr.	1195	Vishal
26	Komal	B.Com (Final)	7573	Komal
27	Kautika	B.Com (Final)	7647	Kautika
28	Lakshmi	B.A.	1420	Lakshmi
29	Shashi Daxhan	B.A. 1st yr.	7014	Shashi
30	Mona	B.Com (P) Final yr.	1626	Mona
31	Hitesh	B.Com	648	Hitesh
32	Bhumika	B.Com (Final)	7526	Bhumika
33	Pooja	B.Com (Final yr)	7533	Pooja
34	Vinod	B.A. Ist	4023	Vinod
35	Deepak	B.A. 5th Sem	1059	Deepak
36	Priyanka	B.Com (Final yr)	7517	Priyanka
37	Rahul	B.A.	1212	Rahul
38	Bhumika	B.Com Final yr.	1610	Bhumika
39	Nitish	B.A. Ist	488	Nitish


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Award List (including Internal Assessment & Final Theory Examination) with Grades of successful students regarding Online Certificate Course in First Aid

Course Coordinator: Rajesh Gahlawat

Session: 2019-20

S.N	Name	Class (Years)	Roll No	I.A.(M.M .40)	Theory Exam. (M.M. 60 Marks)	Total Marks(100)	Grade
1.	Dinesh	B.A 1 st	382	30	58	88	A
2.	Iknoor kaur	B.com 3 rd	7508	35	56	91	A
3.	Shashi Darshan	BA 3 rd	7014	35	52	87	A
4.	Deepika	B.com 3 rd	7506	35	42	77	B
5.	Supriya	M.Sc. Final	7612	30	55	85	A
6.	Mukti Kumari	M.Sc. final	7624	35	56	91	A
7.	Rahul	B.com 2 nd	1602	32	56	88	A
8.	Mithun sharma	B.com.3 rd	1754	32	51	83	A
9.	Mannu	B.com 2 nd	1630	30	48	78	B
10.	Khushboo	B.com 3 rd	7535	35	53	88	A
11.	Komal	B.com 3 rd	7573	30	53	83	A
12.	Archana Rani	Bcom 3 rd	7561	35	46	81	A
13.	Lakhmi	B.A 2 nd	1420	30	56	86	A
14.	Nisha	B.com 3 rd	7531	35	60	95	A
15.	Subhash verma	BA 1 st	304	30	52	82	A
16.	Bhumika	Bcom 3 rd	1610	32	58	90	A
17.	Tannu	B.com (H)	3353	34	36	70	B

Rajesh Gahlawat
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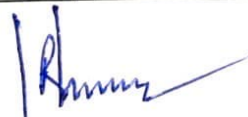
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Course Coordinator: Rajesh Gahlawat

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18.	Anmol	B.A 2 nd	416	35	58	93	A
19.	Divya	B.com 3 rd	7510	30	56	86	A
20.	Kartika	B.Com 3 rd	7647	35	57	92	A
21.	Ankit	B. Com 2 nd	1617	30	56	86	A
22.	Anuj	Bcom (H) 2 nd	3341	35	52	87	A
23.	Charul	B.com 3 rd	7520	35	58	93	A
24.	Pooja	B.com 3 rd	7533	35	58	93	A
25.	Satish	B. A 3 rd	7338	30	40	70	B
26.	Virender	BCA 1 st	4023	35	54	89	A
27.	Deepak	B.A 3 rd	1059	32	53	85	A
28.	Rahul Jangra	B.A.3 rd	7211	30	57	87	A
29.	Mona	B.com 3 rd	1626	30	54	84	A
30.	Deepali	B.com 3 rd	7511	30	56	86	A
31.	Bhumika	B.com 3 rd	7526	32	42	74	B
32.	Diksha	B.com 3 rd	7514	32	52	84	A
33.	Preeti Sharma	B.A 3 rd	7205	34	36	70	B
34.	Priyanka	B.com 3 rd	7517	35	55	90	A


 (Rajesh Gahlawat)
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