

Indian Red Cross Society
Gujarat State Branch
Ahmedabad

First Aid Training Programme
One Day Curriculum (Eight Hour)

Time	Session	Methodology
10:00 to 10:15	Registration and Introduction	
10:15 to 10:45	Defination, Scope and rules of First Aid	<i>Theory and Practical</i>
10:45 to 11:15	Wound and Bleeding <i>Types of Wounds</i> <i>Internal & External Bleeding</i>	<i>Presentation</i>
11: 15 to 11:30	<i>Tea Break</i>	
11:30 to 12:00	Dressing and Bandages for Bleeding <i>Types of Bandages</i> <i>Use of Rollar Bandage</i> <i>Use of Triangular Bandage</i>	<i>Practical</i>
12:00 to 12:30	Fracture <i>defination, Causes and Types</i>	<i>Presentation</i>
12: 30 to 01:00	How to immobilize and carry the injured person	<i>Practical</i>
01:00 to 02:00	<i>Lunch</i>	
02:00 to 02:45	Poison and Animal Bites <i>Inhale, Ingest and inject poison</i>	<i>Presentation</i>
02:45 to 03:30	Burns <i>Degree and Area of Burns</i> <i>First Aid including exhaustion/heat cramp/heat stroke (Heat induced problems/Excessive Heat)</i>	<i>Presentation</i>
03:30 to 03:45	TRIAGE	<i>Practical</i>
03:45 to 04:00	<i>Tea Break</i>	
04:00 to 05:00	Cardio Pulmonary Resuscitation <i>Movie Presentation and Practical exercise</i>	<i>Practical & Movie Presentation</i>
05:00 to 05:20	Electric Shock	<i>Theory and Practical</i>
05:20 to 05:40	Choking infant/child/ Adults	<i>Practical</i>
05:40 to 06:00	Different health Emergency <i>Heart Attack, Alergic Reaction, Epileptic Seizure and Infantile Convulsions etc.</i>	<i>Interaction</i>
06:00 to 06:15	Review and Feed Back	

Prepared By

Suresh Gami
DM Director