

Indian Red Cross Society, Gujarat State Branch, Ahmedabad

**First Aid Training Curriculum
Duration: Two Days (16 hours)**

DAY 1

Time	Session	Methodology
		Electric supply ON
10:15 to 11:00	BASIC FIRST AID TECHNIQUES	
	Aims of First Aid	PPT
	First Aid and the law	PPT
	Resuscitation (Basic CPR)	Movie / Practical
	Recovery Position	Practical
	Top to Toe Assesment	Practical
	Hygiene and Hand Washing	Practical
11:30 to 01:00	RESPIRATORY SYSTEM AND BREATHING	
	Respiration	CHART
	No Breathing or Difficult Breathing	PPT
	Drowning	Practical
	Strangulation and Hanging	Practical
	Choking	Practical
	Swelling within the Throat	PPT
	Suffocation by Smoke or Gases	Practical
Asthma	Practical	
01:00 to 002:00	Lunch	
02:00 to 02:30	Heart, Blood Circulation	
	Heart and Blood Circulation	CHART
	Chest Discomfort	PPT
02:30 to 03:30	Wounds and Injuries	
	Types of Wounds	PPT
	Small cuts and abrasions	PPT
	Head Injuries	PPT
	Chest Injuries	PPT
	Abdominal Injuries	PPT
	Bleeding from Varicose Veins	PPT
	Amputation	PPT
	Crush Injuries	PPT
Shock	PPT	
03:30 to 05:00	Bones, Joints and Muscles	
	The skeleton	PPT
	Injuries and Fractures to the head, neck and spine	PPT
	Injuries and Fractures to the cheekbone, nose and lower Jaw	PPT
	INJURIES TO THE SHOULDER, RIBS OR BREASTBONE	PPT
	INJURIES TO THE ARM, ELBOW, WRIST, HAND OR FINGERS	PPT
	INJURIES TO THE PELVIS, LOWER LIMBS, KNEE, ANKLE OR FEET	PPT
	DISLOCATIONS (INJURIES TO JOINTS)	PPT
	STRAINS AND SPRAINS (INJURIES TO LIGAMENTS, MUSCLES AND TENDONS)	Practical

DAY 2		
Time	Session	Methodology
		Electric supply ON
09:30 to 10:15	NERVOUS SYSTEM AND UNCONSCIOUSNESS	
	THE NERVOUS SYSTEM	PPT
	UNCONSCIOUSNESS	Practical
	HEAD INJURIES	PPT
	STROKE	Practical
	FITS – CONVULSIONS - SEIZURES	Practical
10:15 to 11:00	GASTROINTESTINAL TRACT, DIARRHOEA, FOOD POISONING AND DIABETES	
	GASTROINTESTINAL TRACT	PPT
	DIARRHOEA.	PPT
	FOOD POISONING	PPT
	DIABETES	PPT
11:00 to 12:00	SKIN, BURNS, HEAT EXHAUSTION, FEVER AND HYPOTHERMIA	
	THE SKIN	PPT
	BURN WOUNDS	PPT
	HEAT EXHAUSTION	PPT
	HEATSTROKE	PPT
	FROSTBITES	PPT
	PREVENTION OF BURNS	PPT
	FEVER	Practical
HYPOTHERMIA	PPT	
12:00 to 12:30	POISONING BITES AND STINGS	
	Poisoning	PPT
	ANIMAL BITES	PPT
	SNAKE BITES	Practical
	INSECT STINGS AND BITES	Practical
12:30 to 01:00	SENSES, FOREIGN BODIES IN EYE, EAR, NOSE OR SKIN AND SWALLOWED FOREIGN OBJECTS	PPT
01:00 to 002:00	Lunch	
02:00 to 02:30	MANAGEMENT of MASS CASUALTY and TRIAGE	PPT / PRACTICAL
02:30 to 04:30	FIRST AID TECHNIQUES: DRESSINGS, BANDAGES AND TRANSPORT TECHNIQUES	
	DRESSINGS	Practical
	BANDAGES	Practical
	FAST EVACUATION TECHNIQUES (SINGLE RESCUER)	Practical
	TRANSPORT TECHNIQUES	Practical
	STRETCHERS	Practical
	MOVING AND TRANSPORTING A CASUALTY SUSPECTED OF A HEAD, NECK OR SPINAL INJURY	Practical
04:30 to 05:00	CONTENT OF A FIRST AID KIT	Practical