

OFA101

## First Aid - Basic

<b>Duration</b>	5 days
<b>Target group</b>	Personnel assigned duties in a first-aid response team, members of first-aid teams on fixed and mobile facilities, fast rescue craft crews, first aiders on standby vessels.
<b>Prerequisites</b>	None
<b>Objective</b>	To teach the participants how to carry out life-saving first aid, and how to cooperate with and assist professional medical personnel during a first-aid action.
<b>Contents</b>	Emergency preparedness and organisation. Airways & breathing. Circulation, disability & expose. Head and spinal injuries. Illness. Measuring blood pressure, puls and giving infusions. CPR with use of difibrilator. First aid treatment in practise. Triage. Mental reactions.
<b>Exam</b>	Practical and written exam.