

OFA101

## First Aid - Basic

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<b>Duration</b>	5 days
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<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.
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<b>Prerequisites</b>	None
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<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.
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<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.
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<b>Exam</b>	Practical and written exam.
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