

<b>Course code</b>	PFARDL001
<b>Course name</b>	Introduction to First Aid
<b>Duration</b>	45 Minutes
<b>Target group</b>	Basic First Aid
<b>Prerequisites</b>	No prerequisites are required to sit this course.
<b>Objective</b>	LO1: Explain different Basic Life Support guidelines LO2: Explain the relevant national and global legislation LO3: Explain the normal life conditions for the human body LO4: Explain the vital systems of the human body LO5: Explain safety in an emergency situation LO6: Explain how to manage an incident LO7: Explain the 'C'-A-B-C Principle LO8: Explain haemostasis of critical/catastrophic external haemorrhage LO9: Explain first aid for obstruction of airways LO10: Explain first aid for an unresponsive casualty LO11: Explain the theory and practice of AEDs LO12: Explain first aid for external and internal bleeding LO13: Explain shock LO14: Explain secondary survey LO15: Explain different incident types LO16: Explain minor to serious incidents LO17: Explain psychological First Aid
<b>Contents</b>	The aim of this course is to provide the delegate with an awareness of key first aid basics. You will learn about the associated legislation, human anatomy, how to manage a first aid incident and lifesaving using primary and secondary survey methods.
<b>Exam</b>	The assessment is taken during the course and is within the expected duration.