



Program Overview

STANDARD FIRST AID

Theory
 Life Threatening Emergencies
 Emergency Medical Services
 Medical/Legal Aspects
 Initial Assessment
 Airway Management Adult, Child, Infant
 C.P.R. – Adult, Child, Infant
 Bleeding & Bandaging
 Shock & Unconsciousness
 Secondary Assessment
 Cardiac Emergencies
 Angina Pectoris, Heart Attack , Cardiac Arrest
 First Aid For Stroke
 Prudent Heart Living
 Emergency Medical Conditions
 Diabetes, Epilepsy, Asthma, Childbirth,
 Poisoning
 Environmental Injuries
 Burns, Heat Exhaustion, Heat Stroke,
 Frostbite, Hypothermia
 Musculoskeletal Injuries
 Sprains, Strains, Fractures, and Dislocations
 Head, Neck and Spinal Injuries
 Splinting
 Movement & Transportation

Practical Skills
 Initial Assessment
 Rescue Breathing
 Adult
 Child
 Infant
 Bandaging Techniques
 Movement & Transportation
 Recovery Position
 C.P.R.
 Adult
 Adult – 2 Rescuer
 Child
 Infant
 Secondary Assessment
 Head, Neck, and Spinal Injuries
 Airway Management - Conscious & Unconscious casualties
 Adult
 Child
 Infant
 Musculoskeletal Injuries
 Sprains, Strains, Fractures and Dislocations
 Splinting Techniques

Course Length 16 Hours

Who would benefit from this program?
Individuals who are in contact with the public, work with children or community groups where advanced help is within 40 minutes.

Successful candidates will have passed a written examination with a minimum passing mark of 70% and must have successfully performed the skills in the presence of a currently qualified Standard First Aid Program Instructor.

The course will consist of a minimum of 50% theory and 50% practical skills content. Students should feel confident that they could assist anyone who is in distress until medical aid arrives.

