

SERV–Training-Curriculum (3 Days)-Version April 2019				
Time	Topics	Comments	Time (min)	Time (hrs)
Day 1 (Modules - First Aid)				
9.00-10.30 AM	Introduction by Participants, Objectives of SERV Training Red Cross Movement – Principles, Emblem, Structure		90	
10.30-10.45	Tea Break		15	
10.45-11.45	First Aid - General Principles		60	
11.45-13.25	Respiratory System, Resuscitation (CPR), Recovery Position		100	
13.25-14.05	Lunch Break		40	
14.05-14.45	Respiratory System, CPR, Recovery Position (cont.)		40	
14.45-15.15	Choking		30	
15.15-15.35	Suffocation by Smoke		20	
15.35-15.50	Tea Break		15	
15.50-16.05	Asthma		15	
16.05-16.15	Drowning		10	
16.15-16.40	Chest Discomfort		25	
16.40-18.00	Bleeding leading to shock; stopping the bleeding etc		80	
Total Time – Day 1			540	9
Day 2 (Modules –First Aid)				
9.00-9.10	Key Messages of Day1		10	
9.10-10.50	Injury and Fractures-General Principles, Dressing, Bandages, Immobilization, Transport, Stretchers, improvisation		100	
10.50-11.05	Tea Break		15	
11.05-12.30	Injury and fractures continued; Head, Neck and Spinal injuries-H andling, Transportation, improvisation		85	
12.30-13.05	Burns		35	
13.05-13.30	Stroke		25	
13.30-14.10	Lunch Break		40	
14.10-14.35	Epilepsy, Convulsions		25	
14.35-15.05	Animal Bites		30	
15.05-15.35	Snake Bites		30	
15.35-15.50	Tea Break		15	
15.50-16.30	Poisoning		40	
16.30-16.40	Heat Stroke		10	
16.40-16.50	Hypothermia		10	
16.50-17.20	Diabetes		30	
17.20-17.50	Any Locally Relevant Topic(s) in First Aid		30	
17.50-18.00	First Aid Box		10	
Total Time – Day 2			540	9
Day 3 (Modules –Basics of DP/DM and other related topics)				
9.00-9.10 AM	Overview of the day		10	
9.10-9.30 AM	Disasters - Definition, Types, Need for Preparedness		20	
9.30-10.30 AM	Rapid Assessment and Management of Disasters		60	
10.30-10.45 AM	Tea Break		15	
10.45-12.00 PM	Do’s and Don’ts during Disaster (Earthquake, Tsunami, Fire, Flooding etc.)		75	
12.00 – 12.45 PM	Distribution of Relief material		45	
12.45 – 13.30 PM	Conservation of Environment/Water		45	
13.30-14.10 PM	Lunch Break		40	
14.10-15.25 PM	Assisting Vulnerable Groups including women, children, elderly and persons with disabilities (WASH & PHiE)		75	
15.25-15.40 PM	Tea Break		15	
15.40 – 16. 25 PM	Restoring Family Links		45	
16.25 – 17.10 PM	Key schemes, services & National Programs of Government for potential linkages		45	
17.10-17.40 PM	Monitoring, Reporting and Management of SERV		30	
17.40 – 18.00 PM	Wrap-up and Departure		20	
Total Time – Day 3			540	9
Total Time (Day 1, Day 2 and Day 3)			1620	27

