

Standard First Aid Training Programme - 16 Hours – Course Content-Version April 2019						
S. No.	Topic (Presentation and Demo by Trainer)	Day/ Time	Suggested duration (Minutes)	Topic (Practical/ Exercise by Students)	Day/ Time	Suggested duration (Minutes)
1	FA-General Principles Safety, Seek Help, Quick assessment, observe consciousness and breathing, Hand hygiene		20	Role Play: Safety, Seek help, Quick assessment, observe consciousness and breathing; Hand hygiene		40
2	Secure an open airway, Cardio Pulmonary Resuscitation (CPR), Recovery Position		40	How to clear airways. Give CPR, Put victim in recovery position		100
3	Choking		10	Chest Thrusts, Abdominal thrusts		20
4	Suffocation by smoke		10	How to enter the room, evacuation		10
5	Asthma		5	Put victim in comfortable position, allow inhaler puff if already taking		10
6	Drowning		10	Role play approach for Drowning cases		20
7	Chest Discomfort		10	Role Play; how to approach victim with chest discomfort; Aspirin and heart medicines??		15
8	Circulation, Bleeding, Shock		20	Stop bleeding- direct pressure, Compressive Bandage, Dealing of wounds with objects stuck in wound, Shock/Recovery position (Rehearsal by all)		60
9	Injury and Fractures – General Principle Chs, Immobilization; Head, Neck and Spinal injuries		45	Dressing, Bandages, immobilization, Transport, improvisation		140
10	Burns		15	Cooling Handling of a burn victim		20
11	Stroke		10	FAST; Role Play-Handling of victim		15
12	Epilepsy, convulsions		10	Role Play		15
13	Animal bites		10	Stop bleeding, flush wound with water, dressing		20
14	Snake bites		10	Handling of a victim		20
15	Poisoning		20	Role Play, how to handle victim		20
16	Heatstroke		10	Role Play, Handling of heatstroke victims		10
17	Hypothermia		10	Role Play, Handling of Hypothermia victims		10
18	Diabetes		15	Role play approach- diabetic case		20
19	Fever		10	Taking temperature, sponging		20
20	Diarrhoea		5	ORS preparation, Salt sugar solution		20
21	Any locally relevant topic		10	Role play – related to any local relevant topic		30
22	First Aid Box		10	Role play – Use of items in First Aid Box		15
	Total Presentation and Demo by Trainers		315	Total Practical/Demo/Exercise by Students		650
<ul style="list-style-type: none"> • Introduction and warming-up (getting to know each other) before start of course: +15 Minutes • Wrap-up, Revision and examination at the end of course: +45 minutes 						