

DEPARTMENT OF PHYSICAL EDUCATION

MAR THOMA COLLEGE CHUNGATHARA

Certificate Programme

First Aid and Emergency Care

Syllabus

2019 20

General Information:

Name of the Certificate Programmme : First Aid and Emergency Care

Programme Director : Rajesh PK (HOD DPE)

Course Category : Humanities

Learning Path : Certificate

Number of Programmme : 1

Course Length : 30 Hours

Weekly time commitments : 7 Hours

Class Times : 8 am to 9.25 am

Location : Aerobic hall/Yoga Center

PROGRAMME SYLLABUS

CONTENTS

Introduction to First Aid

What is First Aid?

Guiding principles

Types of injuries

The ABC of First Aid

Fractures

Choking

Cuts, scrapes, bites and wounds

Dislocations

Electrical injuries

Eye injuries

Head injuries

Heat injuries

Nose bleeds

First Aid Equipment

Head Injury

Shock

Snake bites

Unconsciousness

Sports Injuries

Programme Description

First Aid refers to the initial care given to an injured or sick person until definitive medical care is accessed. It generally consists of series of simple, sometimes life saving, medical techniques. First aid forms a vital part of both medical training as well as rescue operation drills. First aid measures are often called “pre- hospital care” too

The basic aim of first aid training is to enable any person to carry out, timely, scientific first aid measures confidently with adequate fastness with the available minimal resources, without sustaining self injury

Programme Mission

The purpose of this programme is to get the knowledge of First aid describes various first aid procedures in ready to apply form especially beneficial to students of rescue operation