

Prerequisites: This course has no formal prerequisite.

Course Length: 8 hours – Course length shall vary depending on the number of delegates.

Class Size: There is a maximum classroom capacity of 20 students. If more than the maximum allowable number of students is registered, a second instructor and classroom of adequate size will be utilized. Practical exercises will be conducted at a student to instructor ratio of no more than 6:1.

Course Objectives: On meeting the minimum standard of competence in elementary first aid, the trainee will be competent to take immediate action upon encountering an accident or medical emergency until the arrival of more advanced medical care and have met the elementary first aid tasks of NVIC 08-14 to include:

- Assessment of needs of casualties and threats to own safety
- Appreciation of body structure and functions
- Position casualty
- Apply resuscitation techniques
- Control bleeding
- Basic shock management
- Measures to take in the event of burns, including chemical and electrical
- Rescue and transport a casualty
- Bandaging and use of material in a first aid kit

Course Design

- Power Point© / Lecture / Audio Video / Visual Aids
- Practical Exercises

Successful Course Completion

- All lab assignments, homework assignments, exercises, and tests must be completed and returned to the instructor for credit.
- Requires a minimum score of 70% or better on all examinations.
 - Grades shall be calculated by dividing the number of questions answered correctly by the total number of exam questions.
 - Delegates will have no more than thirty (30) minutes to complete the exam.
- Successful completion of practical session is mandatory.

Course Content Summary

- Classroom
- Practicals

Breaks: 10-15 minutes (approximately every hour)

Lunch: 1 Hour (if applicable)

Course Outline

Subject Area	Lecture	Practical
FMT C Orientation	15'	-
1. The First Aid Provider	10'	-
2. Protecting Yourself	3'	7'
3. Legal Considerations	5'	-
4. Calling for Help	5'	-
5. Emergency Moves	5'	-
6. Cardiopulmonary Resuscitation	10'	-
7. Chest Compressions	5'	10'
8. Rescue Breaths	5'	10'
9. Automated External Defibrillator (AED)	5'	-
10. Primary Assessment- Unresponsive Person	5'	10'
11. Caring for Cardiac Arrest (CPR)	10'	35'
12. Choking	5'	5'
13. Primary Assessment- Responsive Person	5'	-
14. Control of Bleeding	15'	60'
15. Shock	5'	-
16. Head, Neck, or Back Injury	10'	20'
17. Swollen, Painful, Deformed Limb	15'	50'
18. Burns	10'	-
19. Minor Injuries	5'	-
20. Sudden Illness	15'	-
21. Breathing Difficulty, Shortness of Breath	5'	-
22. Pain, Severe Pressure, or Discomfort in the Chest	5'	-
23. Poisoning	5'	-
24. Heat Emergencies	5'	-
25. Cold Emergencies	5'	-
26. Written Examination	-	50'
Course Critiques and Certificate Issue	10'	-
Total	3Hr 38m	4Hr 17m
Grand Total: 7Hr 55Min		

Practical Session

Where applicable, practical training may require the use of common personal protective equipment and/or specialized equipment as necessary.

The practical shall verify that the candidate can successfully demonstrate following:

- Using a resuscitation mannequin, determine whether resuscitation is required and follow currently accepted guidelines.

- Using a resuscitation mannequin, open the airway and check for breathing.
- The proper action to take with an unresponsive person who is not breathing.
- The procedure for determining if a person has a pulse.
- The proper hand placement for chest compressions.
- The ability to administer CPR compressions for 2 minutes.
- The proper actions for a conscious adult with a foreign body airway blockage.
- The proper series of actions for an unconscious adult with a foreign body airway blockage until attempts are successful.
- Using a rescue mannequin or a volunteer person with a simulated or described bleeding injury, proper bleeding control techniques, taking into consideration the location and severity of the injury.
- Proper immobilization of a fracture using splints and ties on either a rescue mannequin or volunteer patient.
- The generally accepted practices to prepare a patient for spinal immobilization.
- Selection of the appropriate bandage(s) and/or cravat and bandaging technique for wound treatment for various nominated injury sites in the time frame indicated.

Training Center Provided Material

- PPE
- First Aid supplies and equipment

Delegate Requirements

- Must possess good physical health as the practical training is physically demanding.

Reference Material/Documents

“HSI Adult First Aid CPR, AED Instructor Guide” Version 9.0 (Part D of course)

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