

# Basic First Aid

## *2-Day Course*

### **Introduction to this program**

Purpose of the Learning Program  
Entry Level Requirements  
Learning Program Schedule  
Unit Standard

### **Lesson 1**

#### **Emergency Scene Management**

Section 1: Safety at the emergency scene  
Section 2: The safety of the scene and injured person  
Section 3: Legal and ethical considerations  
Competence check for Lesson 1

### **Lesson 2**

#### **Anatomy and Physiology**

Section 1: Tissues  
Section 2: Organs  
Section 3: Organ systems  
Section 4: How body systems relate to each other  
Competence check for Lesson 2

### **Lesson 3**

#### **Assessing Emergency Situations**

Section 1: First Aid – What is it?  
Section 2: What to do in an emergency situation.  
Section 3: Making your assessment.  
Section 4: Examining the casualty.  
Competence check for Lesson 3

### **Lesson 4**

#### **Apply First Aid procedures.**

Section 1: Universal precautions  
Section 2: Understanding resuscitation.  
Section 3: Basic life support principles for an unresponsive casualty  
Section 4: Getting help.  
Competence check for Lesson 4

### **Lesson 5**

#### **Treating common injuries**

Section 1: Different injuries and conditions  
Section 2: Follow up care.  
Competence check for Lesson 4

