

# Advanced First Aid

## *5-Day Course*

### **Lesson 1: Principles of Advanced First Aid**

Section 1: Aims of Emergency Care  
Section 2: Universal Precautions  
Section 3: Legal and Ethical Considerations  
Competence Check for Lesson 1

### **Lesson 2: First Aid Kits**

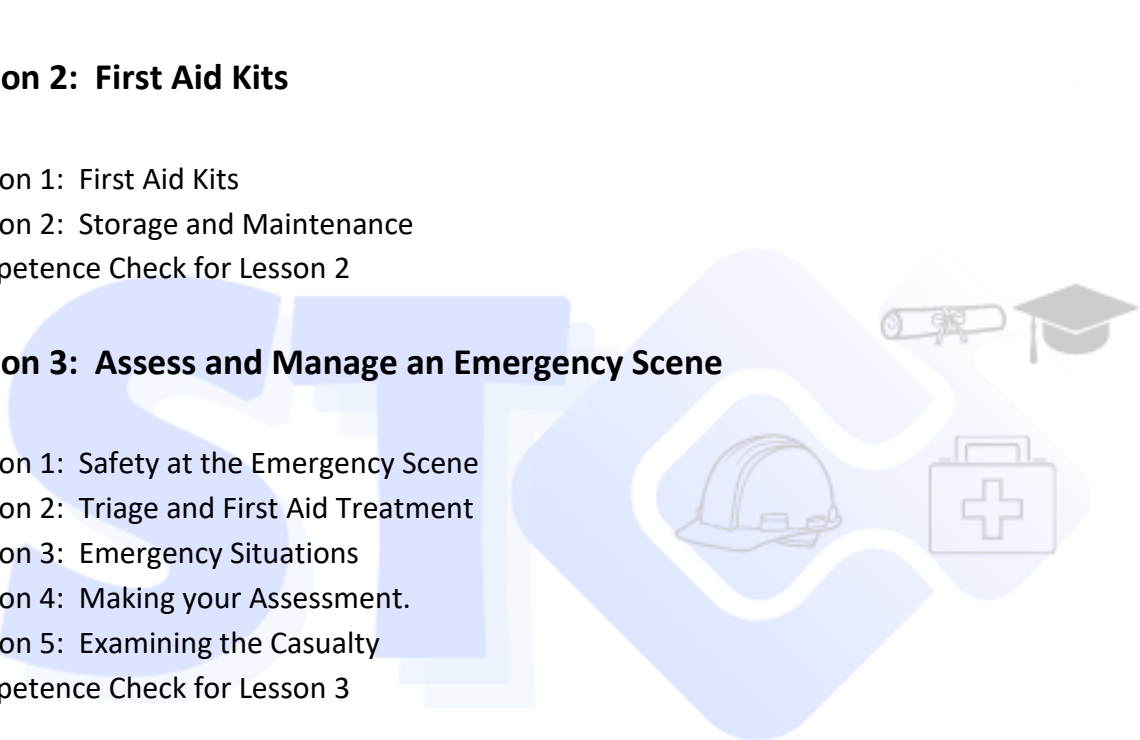
Section 1: First Aid Kits  
Section 2: Storage and Maintenance  
Competence Check for Lesson 2

### **Lesson 3: Assess and Manage an Emergency Scene**

Section 1: Safety at the Emergency Scene  
Section 2: Triage and First Aid Treatment  
Section 3: Emergency Situations  
Section 4: Making your Assessment.  
Section 5: Examining the Casualty  
Competence Check for Lesson 3

### **Lesson 4: The Human Body and Injuries**

Section 1: Tissues  
Section 2: Organs  
Section 3: Organ Systems  
Section 4: How Body Systems Relate to Each Other  
Section 5: Resuscitation  
Section 6: Pulse Sites  
Section 7: Basic Life Support Principles for an Unresponsive Casualty  
Section 8: Choking  
Section 9: Life Support for Children  
Section 10: Resuscitating a Baby or Child  
Section 11: Recovery Position of Babies and Children  
Section 12: Choking in Babies and Children



Section 13: Controlling Severe Bleeding  
Section 14: Recognizing Internal Bleeding  
Section 15: Managing Spinal Injuries  
Section 16: Dealing with Broken Bones  
Section 17: Types of Wounds  
Section 18: Common Illnesses  
Section 19: Dealing with Head Injuries  
Section 20: Managing Thermal Stress  
Section 21: Poisoning  
Section 22: Follow Up Care and Reporting  
Competence Check for Lesson 4

## **Lesson 5: Treatment of Shock**

Section 1: The Causes of Shock  
Section 2: Symptoms of Shock  
Section 3: Managing Anaphylactic Shock  
Section 4: Recognizing Anaphylaxis  
Section 5: Hypovolemic Shock  
Section 6: Cardiogenic Shock  
Competence Check for Lesson 5

