

Intermediate First aid

3-Day Course

Lesson 1: Sexuality

Section 1: Sexuality

Section 2: Sexuality and the Constitution

Lesson 2: Sexually Transmitted Infections and HIV/AIDS

Section 1: Understanding terms.

Section 2: The nature and symptoms of STI's and HIV/AIDS

Section 3: Risk Behaviours

Section 4: Mother to child transmission

Section 5: Interpersonal skills

Section 6: Pre- and post-test counselling

Section 7: Lifestyle changes

Competence check for Lesson 2

Lesson 3: Coping and dealing with sexually transmitted infections and HIV/AIDS

Section 1: The impact of HIV/AIDS

Section 2: Available support for people living with HIV/AIDS

Section 3: Treatment for STI's and HIV/AIDS

Section 4: The organization and HIV/AIDS

Competence check for Lesson 3

Lesson 4: Human Rights and People Living with Sexually Transmitted Infections and HIV/AIDS

Section 1: The rights of people living with STI's and HIV/AIDS

Section 2: Violation of rights

Competence check for Lesson 4

Lesson 5: Emergency Situations

Section 1: First Principles

Section 2: Care with Body Fluids

Section 3: Legal and Ethical Considerations

Section 4: First Aid Kits

Section 5: What is First Aid?

Section 6: Emergency Situations

Section 7: Making your Assessment.

Section 8: Examining the Casualty

Competence check for Lesson 5

Lesson 6: Emergency Life Support

- Section 1: Understanding Resuscitation
- Section 2: Basic Life Support Principles for an Unresponsive Casualty
- Section 3: Coping with Choking
- Section 4: Children's Life Support
- Section 5: Resuscitating a Baby or Child
- Section 6: Recovery Position of Babies and Children
- Section 7: Choking in Babies and Children
- Section 8: Controlling Severe Bleeding
- Section 9: Recognizing Internal Bleeding
- Competence check for Lesson 6

Lesson 7: Managing Shock

- Section 1: The Causes of Shock
- Section 2: Symptoms of Shock
- Section 3: Managing Anaphylactic Shock
- Section 4: Recognizing Anaphylaxis
- Competence check for Lesson 7

Lesson 8: Secondary Assessments

- Section 1: Managing Spinal Injuries
- Section 2: Dealing with Broken Bones
- Section 3: Types of Wounds
- Section 4: Common Illnesses
- Section 5: Dealing with Head Injuries
- Section 6: Managing Thermal Stress
- Section 7: Poisoning
- Competence check for Lesson 8

Lesson 9: Record Keeping

- Section 1: Communicating with the Emergency Services
- Section 2: Reporting Incidents
- Competence Check for Lesson 9

