

# PROGRAMME GUIDE

## CERTIFICATE COURSE IN FIRST AID



**CHHOTU RAM ARYA COLLEGE**

**SONIPAT-131001**

2016

Established in 1951

Course Designed By:

1. Dr. Naresh Rathee, Associate Prof. of English
2. Dr. Anu Rathee, Associate Prof. of English
3. Mr. Rajroop Singh Chahal, Associate Prof. of Commerce
4. Dr. Vijay Kiran, Assistant Prof. of Chemistry

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# CERTIFICATE COURSE IN FIRST AID

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Increase in knowledge, information technology and changes in the life style calls for a need to acquire the knowledge and skills which can help in dealing with common emergencies and situations requiring first aid. The need is to develop and launch programmes for large number of people who can provide first aid during emergencies, accidents and acutely arising health situations. The Certificate Programme in First aid hence, will be a boon for the vast human resource of the country who wishes to get trained in first aid for personal and professional purposes.

The course aims at developing knowledge and skills about first aid to enable the learners to provide first aid in various emergency situations. The programme is open to at varied target group with minimum qualification of 10th pass with a view to generate first aid providers who can attain job in various settings and areas e.g. Nursing homes (as assistants/Aides), Drivers/ Conductors, Fire Marshals/Fire Stations, Traffic Police/Army personnel's, Sports and Physical Education, Teachers etc. The programme will benefit those who wish to learn first aid as per their interest and also for those who want to pursue careers in which first aid training and certification is necessary for recruitment like assistants and aides working in Nursing homes, mobile Ambulances, industries, constructions sites, schools, sports or water sport coaches, Drivers, Conductors, Fire Marshals, Traffic Police, Army personnel's, teachers in schools, flight cabin crew members and air-hostesses etc and for those whose organizations have made it mandatory for their workers to undergo first aid training.

## 1.1 Programme Objectives

The objectives of the programme are to:

- Develop knowledge and skills about first aid;
- Enable the learners to recognize the symptoms/conditions which require first aid;
- Develop the ability of dealing with emergency situations; and
- Enable the learners to provide first aid in various situations and settings.

## 1.2 Academic Session

The Programme commences from January and July of every year.

Minimum : 40 Hourss      Maximum : 60 Hours

After consuming the maximum 6 months, the learner can complete the programme in 2 years. If still the learner is not able to complete the programme, he/she can apply for re-admission by paying pro-rata fee for each incomplete course of Theory and Practical components.

## 1.3 Medium of Instruction: English only

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## 2. PROGRAMME STRUCTURE

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The College follows the credit system for its various programmes. The Certificate Course in First Aid programme is a sixty hours programme of 10 credits with 4 credits for theory and 6 credits for practical components. It comprises of 1 theory and 1 practical course as given below:

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## 3. IMPLEMENTATION OF THE PROGRAMME

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Properly planned print material both for the theory and practical components is the main part of Certificate in First Aid programme.

**For this programme the following evaluation system is followed: Theory**

For theory course, the evaluation consists of two aspects:

- i) Continuous Evaluation through assignments, and ii) Term-End Examination.

In the final results all the assignments carry 30 per cent weightage while 70 per cent weightage is given for term-end examination. You need to score 50 per cent marks in assignment separately and 50 per cent marks in the term-end examination to pass and be declared successful.

### **Practical**

For practical course, the evaluation consists of two aspects:

- i) Continuous evaluation through Log-Book, and ii) Final practical examination.

In the final result, continuous evaluation through Log-Book will carry 50 per cent weightage and final practical examination will carry 50 percent weightage. You need to score 50 per cent marks in log book and practical examination separately to pass and be declared successful.

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## 4. DETAILS OF COURSE STRUCTURE

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### 4.1 Theory Course

**TITLE OF THE COURSE: BASICS OF FIRST AID**

<b>THEORY</b>	
Credits	4
Study Hours	30
Contact Hours	16

### **Objectives**

After completion of this course, the learners should be able to:

- Define first aid and first Aid provider;
- Discuss the use and contents of first aid box, Explain the structure of Human Body;
- Describe the safe practices to be kept in mind while giving first aid;
- Enumerate the steps to be taken while responding to emergencies;
- Enlist the methods to move, lift and transport a victim;
- Describe the steps of Cardio pulmonary resuscitation and Automated External:  
Defibrillator;
- Recognize the emergency situation like accidents, injuries, common and environmental emergencies;
- and Implement first aid in various emergency situations.

### **Course Outline (Theory)**

#### **Block 1 : Introduction to First Aid**

Unit 1 : First aid and Role of First Aid Provider

Unit 2 : Understanding Human Body

Unit 3 : Safe Practices in First Aid

#### **Block 2 : Responding to Emergencies**

Unit 1 : Recognizing Emergencies

Unit 2 : Transportation

Unit 3 : Cardio Pulmonary Resuscitation and Auto mated external Defibrillator

#### **Block 3 : First Aid in Accidents and Injuries**

Unit 1 : Wounds and Bleeding

Unit 2 : Head and Spinal Injuries

Unit 3 : Injuries to Tissues, Bones and Joints

Unit 4 : Burns

Unit 5 : Foreign Bodies

#### **Block 4: First Aid in Common and Environmental Emergencies**

Unit 1 : Common Emergencies

Unit 2 : Extreme Heat and Cold Conditions

Unit 3 : Bites and Stings

Unit 4 : Altitude Illness

Unit 5 : Allergies and Shock

## 4.2 Practical Course

### TITLE OF THE COURSE : SKILLS IN FIRST AID

THEORY	
Credits	6
Study Hours	45
Contact Hours	24

### Objectives

After completion of this course the learners should be able to:

- Observe and assess the emergency situations;
- Demonstrate skills for checking temperature, pulse and respiration;
- Perform bandaging and splinting and apply slings and binders ;
- Use first aid box effectively and improvise as per requirement;
- Provide CPR and Operate Automated External Defibrillator;
- Implement skills in moving, lifting and transporting a victim;
- Utilize Safe practices and Universal Precautions;
- Identify variety of emergency situations like wounds, burns, bleeding, injury, foreign bodies, chest pain, high and low blood sugar, fits and fainting, asthma, and so on.
- Recognize drowning, poisoning, extreme heat and cold conditions, bites, stings, altitude illness, allergy and shock; and
- Provide first aid in variety of emergency situations.

### Course Outline (Practical)

#### Block 1 : Practical Manual-I

Unit 1 : Observation and assessment of the scene and the victim

Unit 2 : Checking Temperature, Pulse and Respiration

Unit 3 : Bandaging/Splints /Slings/ Binder

Unit 4 : Methods of moving and transporting the victim

Unit 5 : Use and Maintenance of First Aid Box

Unit 6 : First Aid with Improvisation (Scenario Based)

Unit 7 : CPR and Recovery Position

Unit 8 : Use of Automated External Defibrillator (AED)

Unit 9 : Practicing Universal Precautions

Unit 10 : Control of Bleeding

Unit 11 : Wound care and Dressing

**Block 2: Practical Manual-II**

Unit 1 : Managing Injury ( Head and Spinal)

Unit 2 : Managing Injury (Tissues, Bones and Joints)

Unit 3 : Management of Burns

Unit 4 : Management of Foreign bodies

Unit 5 : Management of Fits and Fainting

Unit 6 : Management of Chest Pain

Unit 7 : Management of Asthmatic Attacks

Unit 8 : Management of High and Low Blood Sugar

Unit 9 : Management of Drowning and Poisoning

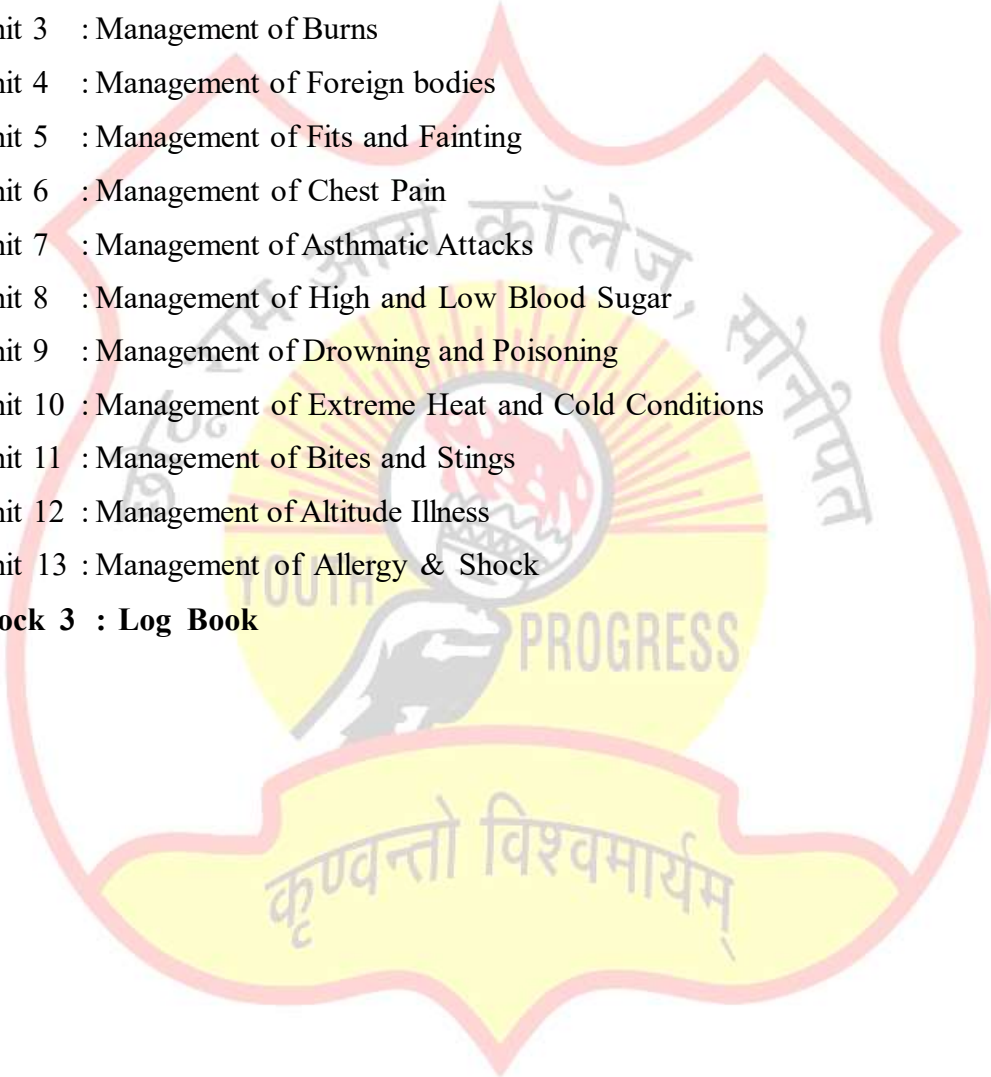
Unit 10 : Management of Extreme Heat and Cold Conditions

Unit 11 : Management of Bites and Stings

Unit 12 : Management of Altitude Illness

Unit 13 : Management of Allergy & Shock

**Block 3 : Log Book**



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