

DEPARTMENT OF PHYSICAL EDUCATION

HENRY BAKER COLLEGE, MELUKAVU

CERTIFICATE PROGRAMME

Programme Code : HBC/ PED/CP01/2019-20

Title of the Programme: **Certificate Programme in First Aid**

Name of the Faculty in charge: **Jithin Thomas Abraham**

Hours: 30 hours

SYLLABUS

Course Objective

To introduce the basic idea for the emergency or immediate care should provide when a person is injured or ill until full medical treatment is available.

Course Outcome

Students are able to understand the responsibilities of a first aider and able to minimize the consequences of injury until the arrival of medical assistance.

Module I: Definition and purpose of first aid, principles and ethics of first aid. **(3 Hours)**

Module II: First aid – general procedure – first aid kit **(4 Hours)**

Module III: Wounds, fractures, burns, snake bite, drowning, unconsciousness, electric shock, choking, sun stroke, bleeding. **(6 Hours)**

Module IV: Bandaging and techniques of carrying injured person. **(4 Hours)**

Module V: Cardio pulmonary resuscitation **(3 Hours)**

Practical: Basic bandaging and carrying injured person, Cardio pulmonary resuscitation **(10 Hours)**

Reference:

1. Winter Griffith, sports injuries 1st Indian edition, 1989 Metropolitan book co. pvt ltd New Delhi
2. Yudenich, V.V. Accident First Aid. Mir publishers, Moscow, 1982.